

Falls Church Recreation & Parks



Summer 2018

Registration Dates:

Residents: May 7; Non-Residents: May 14

Register Online at www.fallschurchva.gov/register

photo by Gary Mester

Farmers' Market



photo by Gary Mester

Voted America's Favorite Farmers' Market!

Saturdays - Open Year Round!

April 7-December 29, 2018

8am to 12noon

January 5-March 30, 2019

9am to 12noon

300 Park Avenue, City Hall Parking Lot

Enjoy fresh fruit, vegetables, flowers and more!

Concerts in the Park



Thursdays, June 21-August 2, 7pm

Cherry Hill Park, 312 Park Avenue

The Village Preservation and Improvement Society are proud to present the 26th season of Summer Concerts in Cherry Hill Park. Co-sponsored by the City of Falls Church Recreation and Parks Department, the concerts take place on seven Thursdays this summer at 7pm beginning June 21st through August 2nd. Bands with a local connection are always featured. Come, bring your blankets, chairs and picnic dinners, and join your friends and neighbors to enjoy one of the highlights of summer.

36th Annual Memorial Day Parade and Festival



*photo by
Gary Mester*

Monday, May 28, 9am-5pm

City Hall Grounds, 300 Park Avenue

The day includes a 3K fun run, parade, Veterans Ceremony, craft, civic and food booths, games, pony rides and much more.

For more information, visit fallschurchva.gov/events or call **703-248-5027**.

Independence Day Celebration

Wednesday, July 4, 7pm (Rain Date July 5)

George Mason High School, 7124 Leesburg Pike

Live music beginning at 7pm

Fireworks, 9:20pm

Bring a blanket or chair and the entire family for an evening of fun and spectacular fireworks!

For more information, visit fallschurchva.gov/events or call **703-248-5027**.



photo by Gary Mester

Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact Chris Madison at **703-248-5199** or cmadison@fallschurchva.gov.

Falls Church Community Center, Kenneth R. Burnett Building Hours of Operation

Monday-Thursday: 8am-10pm
Friday: 8am-11pm
Saturday: 8:30am-11pm
Sunday: 2-6pm (April-December)
12-6pm (January-March)

Community Center Holiday Schedule

The building will be closed on Memorial Day, May 28 and Independence Day, July 4. The building will be closed August 25-September 3 for clean week.

Hobby Class Holiday Schedule

No camps or classes are held on the following days unless otherwise noted: May 28, Memorial Day and July 4, Independence Day.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7-11pm

Adult Gym Time

Ages 19 and over only: Monday, 8-11pm.
Subject to gym availability.

Phone Numbers

Recreation & Parks Department Office.....703-248-5077
Falls Church Community Center.....703-248-5027
Falls Church Senior Center.....703-248-5020
Teen Center Office703-248-5307
Cherry Hill Farmhouse.....703-248-5171
Fax703-536-8150
Open Gym.....703-248-5077
Inclement Weather Hotline.....703-248-5077

Table of Contents

Adult Sports	11
Art Classes	6
Cherry Hill Farmhouse	4
Dance Classes.....	8
Facilities	33
Falls Church Clubs	12
Fitness Classes	9-10
Technology	6
General Information	3, 34
Hobby Classes.....	6
Martial Arts Classes.....	8
Music Classes	7
Preschool Program	5
Registration Information & Form.....	35
Senior Center.	12-13
Special Events.....	2
Summer Camp Programs	14-32
Tennis	8
Yoga Classes	9
Youth Sports	10-11

Recreation & Parks Staff

Daniel J. Schlitt, Director
Amy Maltese, Hobby Class Coordinator, Deputy Director
Chris Madison, Special Events, Program Supervisor
Jimmy Ruby, Sports Coordinator, Program Supervisor
LaShawn Timmons, Teen and Camp Coordinator, Program Supervisor
Tracy Browand, Senior Center Coordinator, Senior Recreation Specialist
Corey Jannicelli, Cherry Hill Farmhouse Coordinator, Recreation Specialist
Taylor Ford, Recreation Specialist
Amy Howell, Senior Administrative Assistant
Lisa Reid, Administrative Assistant
Howard Herman, Farmers' Market Manager
Cassie Holloway, Preschool Teacher
Mike Noyes, Crew Leader, Parks and Landscape Maintenance
Juan Salguero, Building Maintenance Worker
William Kargbo, Building Maintenance Worker
Heeyong Lim, Building Maintenance Worker
Raul Chafloque, Landscape Maintenance Worker
Charlie Buettner, Landscape Maintenance Worker

Advisory Board of Recreation and Parks

Charles O'Hara, Chair
Kathryn Chandler, Vice Chair
Justin Castillo, School Board Representative
Letty Hardi, City Council Liason
Kim Hicks
Linda Hockenberry, Planning Commission Representative
Leslie Rye



Cherry Hill Farmhouse



Cherry Hill Farmhouse

312 Park Avenue

703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts several special events, educational workshops, and seasonal programs annually. It is also available to rent for special occasions.

Cherry Hill Farmhouse was completed in 1845. The well-preserved house is an excellent example of a Greek Revival Style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus primarily on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold the produce he grew on the premises at the Centre Market in Washington, D.C. Mr. Blaisdell successfully managed the farm through the Civil War. The City of Falls Church now owns and operates the Cherry Hill Farmhouse Museum, and its remaining property, known today as Cherry Hill Park. The household furnishings and antique tool collection in the Barn are owned by the Friends of Cherry Hill Foundation, Inc.

Today, reenactments, concerts, readings, lectures, workshops, teas, and private events take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops, and school children by calling **703-248-5171**. The house is open to the public Tuesday through Friday between the hours of 9am and 3pm. April through October the house is also open on Saturdays from 10am-1pm. We strongly encourage all visitors to call ahead to ensure tour availability, **703-248-5171**.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated gathering. For larger parties, the outside grounds can be used and a tent is recommended. Reservations may be made through the Recreation and Parks Department at **703-248-5027**. For more information on any scheduled events, rental information, and availability of the Cherry Hill Farmhouse, please call **703-248-5171**.

Home School Program: Life on a 19th Century Farm 5 & up

Children will tour the farmhouse and barn to learn how technology of the day made life easier for the 19th century farmer. Hands-on activities include identifying tools a housewife would have used in her kitchen and those a farmer would have used in his barn. Enroll the child only. One adult may attend with each child. **ENROLL TODAY!**

Wed: 5/9 1-2:30pm

221022-A R: \$5 / NR: \$10

Location: Cherry Hill Farmhouse

Mother's Day Tea

This special tea will be hosted by a costumed docent who will discuss a mother's role in the mid-19th century. As always the tea consists of tea sandwiches, assorted sweets, warm scones and a bottomless cup of tea. Hosted by the Friends of Cherry Hill Foundation. *****Reservations are Required*****

The senior citizen discount is not available for this program.

Sun: 5/13 2-4pm

230151-A R: \$33 / NR: \$33

Location: Cherry Hill Farmhouse

Please direct questions to the Cherry Hill Farmhouse at 703-248-5171 but enroll through the Recreation and Parks Department.

Special Cherry Hill Tour: A Village at War 7 & up

Travel through time to hear costumed interpreters share real experiences of Falls Church during the American Civil War. Learn how war affected the lives of residents, including the loss of property and an endless sense of fear.

Arrive for this free, family-friendly 30 minute tour between the hours of 10am to 12pm.

Sat: 5/19 10am-12pm

Free event, no pre-registration

Location: Cherry Hill Farmhouse

Songs of War 18 & up

Join us for an evening of live music, transporting us back to the 1860s when parlor music was popular form of entertainment and soldiers played music to pass the time and remember home and family. Hear familiar tunes and learn about the songs influenced by the American Civil War.

Fri: 6/15 8-10pm

321003-A R: \$15 / NR: \$25

Location: Cherry Hill Farmhouse

Please direct questions to the Cherry Hill Farmhouse at 703-248-5171 but enroll through the Recreation and Parks Department.

Preschool Program 3-5 years (See birthdates below)

Our preschool program focuses on fun and positive learning experiences for 3-5 year olds that will prepare students for future elementary school study. Students develop social, physical, and cognitive skills through interactive, hands-on experiences. Early Childhood teaching is often theme-based and always age-appropriate. Students participate in several activities daily that will promote the development of fine and gross motor skills, mathematical thinking, and literacy skills. Our qualified staff and small class ratio makes a safe program for everyone. Our program is licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session. In order to register for the preschool program, children must be born within the birth dates listed. Proof of age via birth certificate and a physical and immunization report is required on the first day of the program.

Location: Preschool Room

Summer 2018

JUNIORS

(Birthdates: October 1, 2013 – Sept 30, 2014)

Tue/Thu: 6/5-6/28 9am-12pm

311001-I R: \$160 / NR: \$180

Tue/Thu: 7/3-7/26 9am-12pm

311001-J R: \$160 / NR: \$180

SENIORS

(Birthdates: October 1, 2012 – Sept 30, 2013)

M/W/F: 6/4-6/29 9am-12pm

311002-I R: \$240 / NR: \$260

M/W/F: 7/2-7/27* 9am-12pm

311002-J R: \$220 / NR: \$240

*No class dates 7/4

Fall 2018

JUNIORS

(Birthdates: September 4, 2014 – Sept 30, 2015)

Tue/Thu: 9/4-12/13* 9am-12pm

111001-H R: \$667 / NR: \$687

*No class dates 11/23, 11/22

SENIORS

(Birthdates: October 1, 2013 – Sept 30, 2014)

M/W/F: 9/5-12/14* 9am-12pm

111002-H R: \$966 / NR: \$986

Families enrolling in the Fall session can enroll in the Winter/Spring session by placing a non-refundable \$100 deposit. The Winter/Spring balance is due December 1, 2018.

Winter/Spring 2019

JUNIORS

(Birthdates: October 1, 2014 – Sept 30, 2015)

Tue/Thu: 1/3-5/23* 9am-12pm

211001-I R: \$897 / NR: \$917

*No class dates 4/16, 4/18

SENIORS

(Birthdates: October 1, 2013 – Sept 30, 2014)

M/W/F: 1/2-5/24* 9am-12pm

211002-I R: \$1311 / NR: \$1331

*No class dates 1/21, 2/18, 4/15, 4/17, 4/19



Open House:

Meet our preschool teacher, tour our classroom and learn a bit more about our program. Children are welcome to attend with parents.

Wednesday, May 2

Juniors and Seniors at 6pm

Kindergarten Readiness at 6:45pm



Kindergarten Readiness

4-5 years (See birthdates below)

This program will offer your child the opportunity to socialize with children entering Kindergarten in the fall.

Your child will be able to enhance and strengthen his or her independent learning abilities in a productive and positive classroom environment. Over and above the preschool program guidelines, your child will also have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning writing, reading and conversational skills. Children must be potty trained. Proof of age via a birth certificate and your child's physical and immunization report, will be required on the first day of the program.

Location: Preschool Room

Fall 2018

(Birthdates: October 1, 2013 – Sept 30, 2014)

Tue/Thu: 9/4-12/13* 1-4pm

111004-H R: \$667 / NR: \$687

*No class dates 11/22

Winter/Spring 2019

(Birthdates: October 1, 2013 – Sept 30, 2014)

Tue/Thu: 1/3-5/23* 1-4pm

211003-I R: \$897 / NR: \$917

*No class dates 4/16, 4/18

Hobby & Art Classes

Adrenaline Tumbling

4-12 years

Our ADF Tumblers will have a blast learning beginner/intermediate level skills such as rolls, cartwheels and back bends. Each class will incorporate fun exercises for stretching and balance to build strength and coordination. Tumblers will be challenged on their individual abilities! The class will be split into appropriate ability groups and conclude with a showcase at the end of the session!

Ages 4-6

Thu: 6/21-8/9

5-6pm

320408-A

R: \$140 / NR: \$160

Ages 7-12

Thu: 6/21-8/9

6-7pm

320408-B

R: \$140 / NR: \$160

Instructor: Adrenaline Staff

Location: Community Room



Silver Knights Chess

5-13 years

Learn chess from a Silver Knights Chess coach! We teach more than 4,000 children each week. State and national champions have come from our programs, but most of our students are just looking to have fun! Class time is split between lesson and play. Lessons range from learning the rules to advanced tournament strategies, depending on the children. Play time is structured to pair each student against an opponent of similar skill. All grades and skill levels are welcome. Silver Knights will supply all the equipment during chess club. Students will have the opportunity to play in tournaments.

Tue: 6/19-8/14* 5:30-6:30pm

320734-A

R: \$146 / NR: \$166

*No class dates 7/3

Instructor: Silver Knights Enrichment

Location: Community Room

Silver Knights Robotics

6-13 years

Build, code and have fun with LEGO® WeDo 2.0. Enhance kids' curiosity and science skills with Silver Knights Robotics. Students will explore robotics with LEGO® bricks, easy-to-use coding software and engaging STEM challenges. Projects include programmable spy robots, animals and vehicles. Kids work in pairs with a tablet and a LEGO® WeDo 2.0 kit that includes over 250 pieces, a SmartHub, motor, and motion and tilt sensors.

Thu: 6/21-8/16

5:30-6:30pm

320735-A

R: \$176 / NR: \$196

Instructor: Silver Knights Enrichment

Location: Teen Center

*No class dates: 7/5

Minecraft Modding

6-10 years

In this class, students will learn how to create their own customgameplay items and elements using MCreator and Minecraft. Students will learn how to create artwork for various items, and implement them into the game with custom behaviors while learning about texturing, logic flow, asset organization, and custom event triggers. Design their own custom blocks, weapons, food, biomes and more! Younger students focus more on texture work. Introduce your kids to modding Minecraft today!

Ages 6-9

Tue: 6/19-8/7

6-7pm

320736-A

R: \$192 / NR: \$212

Ages 10-14

Tue: 6/19-8/7

7:15-8:15pm

320737-A

R: \$192 / NR: \$212

Instructor: C3 Cyber Club

Location: Teen Center



ART

Twoosy Doodlers

20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language, and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

Tue: 6/5-8/7*

10:30-11:10am

310101-A

R: \$162 / NR: \$182

Wed: 6/6-8/15*

11-11:40am

310101-B

R: \$180 / NR: \$200

*No class dates 6/12, 7/4

Instructor: Abrakadoodle

Location: Teen Center

Sat: 6/9-8/11

10-10:40am

310101-C

R: \$180 / NR: \$200

Instructor: Abrakadoodle

Location: Art Room

Mini Doodlers 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools, and more, the children create masterpieces that are truly unique.

Sat: 6/9-8/11

11-11:45am

310102-A

R: \$180 / NR: \$200

Instructor: Abrakadoodle

Location: Art Room

Abrakadoodle Doodlers

6-12 years

This popular multi-media art program helps kids stretch their creative muscles and exercise their right brains in action-oriented classes filled with color, texture, shape and fun! Our art lessons are carefully crafted to promote uniqueness and imaginative thinking as kids create their own unique masterpieces through painting, drawing, cutting, molding and exploring creative materials. Each lesson introduces a new technique and artist's style.

Tue: 6/5-8/7

5-6pm

320103-A

R: \$194 / NR: \$214

Instructor: Abrakadoodle

Location: Senior Center-Left

Kids on Canvas 6-12 years

Grab a paintbrush and jump right in for a colorful "Kids on Canvas" adventure! Use acrylic paint to explore traditional painting subjects such as the figure, landscape, and still life- with a fresh Abakadoodle twist.

Wed: 6/6-8/15* 5-6pm

320144-A R: \$225 / NR: \$245

*No class dates 7/4

Instructor: Abakadoodle

Location: Senior Center-Left



MUSIC

Music Together

Birth-5, with adult

Music Together®, an internationally-recognized music and movement program, engages early childhood music development for infant, toddler and preschool children and their parents and other primary caregivers through mixed-aged classes. It pioneered the concept of a research-based, developmentally-appropriate early childhood music curriculum that strongly emphasizes and facilitates adult involvement and, it's fun! The Music Together approach develops every child's birthright of basic music competence by encouraging the actual experiencing of music through playful activities rather than the learning of concepts or information about music.

Learn more at littlestepsmusic.com.

Mon: 6/18-7/23 9:15-10am

310608-A R: \$152 / NR: \$172

Mon: 6/18-7/23 10:15-11am

310608-B R: \$152 / NR: \$172

Tue: 6/19-7/24 9:15-10am

310608-C R: \$152 / NR: \$172

Tue: 6/19-7/24 10:15-11am

310608-D R: \$152 / NR: \$172

Instructor: Little Steps Music, LLC Staff

Location: Community Room



Private Voice Lessons 5 & up

Interested in developing vocal talent? Work one on one with a vocal coach or beginner to intermediate level piano. Sharon Sloane-Hornseth has a Bachelors of Fine Arts in Music, with an emphasis in vocal performance, from Carnegie-Mellon University in Pittsburgh, PA and a Master of Music Education, with a focus on vocal performance, from George Mason University. Basic voice training exercises will be used as well as classical, Broadway or contemporary music selections. Student is responsible for purchasing a music book. For additional information, please email Sharon at ahorn1@verizon.net.

Thu: 7/5-7/26

330703-A

Thu: 7/5-7/26

330703-A1

Thu: 7/5-7/26

330703-A2

Thu: 7/5-7/26

330703-A3

Thu: 7/5-7/26

330703-A4

Thu: 7/5-7/26

330703-A5

Thu: 7/5-7/26

330703-A6

4:30-5pm

R: \$160 / NR: \$180

5-5:30pm

R: \$160 / NR: \$180

5:30-6pm

R: \$160 / NR: \$180

6-6:30pm

R: \$160 / NR: \$180

6:30-7pm

R: \$160 / NR: \$180

7-7:30pm

R: \$160 / NR: \$180

7:30-8pm

R: \$160 / NR: \$180

Thu: 8/2-8/23

330703-C

Thu: 8/2-8/23

330703-C1

Thu: 8/2-8/23

330703-C2

Thu: 8/2-8/23

330703-C3

Thu: 8/2-8/23

330703-C4

Thu: 8/2-8/23

330703-C5

Thu: 8/2-8/23

330703-C6

4:30-5pm

R: \$160 / NR: \$180

5-5:30pm

R: \$160 / NR: \$180

5:30-6pm

R: \$160 / NR: \$180

6-6:30pm

R: \$160 / NR: \$180

6:30-7pm

R: \$160 / NR: \$180

7-7:30pm

R: \$160 / NR: \$180

7:30-8pm

R: \$160 / NR: \$180

Sat: 7/7-7/28

330703-B

Sat: 7/7-7/28

330703-B1

Sat: 7/7-7/28

330703-B2

Sat: 7/7-7/28

330703-B3

Sat: 7/7-7/28

330703-B4

Sat: 7/7-7/28

330703-B5

Sat: 7/7-7/28

330703-B6

Sat: 7/7-7/28

330703-B7

9-9:30am

R: \$160 / NR: \$180

9:30-10am

R: \$160 / NR: \$180

10-10:30am

R: \$160 / NR: \$180

10:30-11am

R: \$160 / NR: \$180

11-11:30am

R: \$160 / NR: \$180

11:30am-12pm

R: \$160 / NR: \$180

12:30-1pm

R: \$160 / NR: \$180

1-1:30pm

R: \$160 / NR: \$180

Sat: 8/4-8/25

330703-D

Sat: 8/4-8/25

330703-D1

Sat: 8/4-8/25

330703-D2

Sat: 8/4-8/25

330703-D3

Sat: 8/4-8/25

330703-D4

Sat: 8/4-8/25

330703-D5

Sat: 8/4-8/25

330703-D6

Sat: 8/4-8/25

330703-D7

9-9:30am

R: \$160 / NR: \$180

9:30-10am

R: \$160 / NR: \$180

10-10:30am

R: \$160 / NR: \$180

10:30-11am

R: \$160 / NR: \$180

11-11:30am

R: \$160 / NR: \$180

11:30am-12pm

R: \$160 / NR: \$180

12:30-1pm

R: \$160 / NR: \$180

1-1:30pm

R: \$160 / NR: \$180

Instructor: Dream In Color

Location: Preschool Room

Dance, Karate & Tennis Classes

DANCE

Preschool Dance B/C

3-5 years

An introduction to dance, movement and expression for 3 to 5 year olds. Students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Please note designated ages in classes. Preschool B/C classes recommend ballet shoes, and tap shoes or "noisy" shoes.

Thu: 6/21-8/16* **5:45-6:30pm**
310216-A R: \$95 / NR: \$115

*No class dates 7/5

Instructor: Dream In Color

Location: Dance-Left

Ballet I 5-7 years

This ballet class focuses on beginning ballet technique in a fun and encouraging environment. The primary goals of our Ballet 1 class are to help students build a love for this classic form of dance and for students to feel successful while learning. No experience necessary!

Thu: 6/21-8/16* **6:30-7:30pm**
320220-A R: \$95 / NR: \$115

*No class dates 7/5

Instructor: Dream In Color

Location: Dance-Left

Adrenaline Hip Hop

5-12 years

Our ADF hip hop classes offer the ability to improve hip hop style, increase memory and improve balance by staying grounded and strong through upper and lower body movement. Adrenaline's experienced staff brings excitement to this class with the latest hip hop moves and age appropriate music! Join us for the most fun you'll have all summer while building confidence, positive self-image and of course, learning some killer hip hop moves!

Ages 5-8
Wed: 6/20-8/15 **5-6pm**
320223-A R: \$140 / NR: \$160

Ages 9-12
Wed: 6/20-8/15 **6-7pm**
320223-B R: \$140 / NR: \$160

Instructor: Adrenaline Staff

Location: Dance-Right

Night Club & Ball Room Dance 16 & up

Learn the basics for some of the most common Night Club and Social Ballroom Dances so that you can dance to all the great songs of today and yesteryear. Learn how to lead and follow along with how to move on the dance floor in night clubs and ballrooms with grace and ease. Waltz, Cha Cha, Swing, Salsa, and Slow Dance while having fun with that special person. Couples only, each person must register. 7 weeks

Mon: 6/25-8/6* **7:45-9pm**
350218-A R: \$80 / NR: \$100

*No class dates 7/2

Instructor: Tom Woll & Associates/De Eddleman

Location: Senior Center-Right

KARATE & TENNIS

Beginner & Intermediate Karate 7 & up

We teach introductory classes primarily for kids and their parents, but we welcome teenagers and adults. We teach basic blocks, punches, kicks, and forms (katas) common to many styles of martial arts and we include some self-defense techniques. No equipment or uniforms are required. More information is available at www.StratfordKarate.org.

Mon: 6/4-8/13 **7-8pm**
330507-A R: \$88 / NR: \$108

Sat: 6/9-8/18 **8:45-9:45am**
330507-B R: \$88 / NR: \$108

Instructor: Dave Hacker & Mike Leski

Location: Dance-Full

Intermediate & Advanced Karate 7 & up

Students with middle to advanced prior experience in martial arts. We teach blocks, punches, kicks, and forms (katas) common to many styles of martial arts and practice self-defense techniques. For advanced students, sparring (supervised and controlled fighting) is part of the class. Our goal is to have fun learning martial arts. Protective equipment is necessary for sparring. More information is available at www.StratfordKarate.org.

Mon: 6/4-8/13 **8:15-9:15pm**
330508-A R: \$88 / NR: \$108

Instructor: Bill Kennedy & Richard Hathaway

Location: Dance-Full

Tai Chi & Qi Gong 16 & up

This class will explore Tai Chi forms and Qi Gong exercise for health and wellness. The exercises and forms aid in developing breath control, flexibility, muscle tone, stability and balance, eventually becoming a type of moving meditation for to the practitioner. As there is no impact to any joint, Tai Chi and Qi Gong are ideal for older persons or those whom have had knee and/or hip replacement. The study of Tai Chi is greatly beneficial to the young athlete as well. The class is structured such that anyone may join. The instructor is a Grandmaster with 50 years of study and 31 years of teaching experience.

Tue: 6/5-8/21* **6-7pm**
350512-A R: \$125 / NR: \$145

*No class dates 6/12

Instructor: Grandmaster Jeff Cook

Location: Dance-Left

Tennis I Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Students are encouraged to repeat this class until they can consistently put the ball in play. A tennis racket is required. Player-Coach ratio 4:1.

Wed: 6/20-7/25* **7:30-8:45pm**
350905-A R: \$150 / NR: \$170

Wed: 8/1-8/29 **7:30-8:45pm**
350905-B R: \$150 / NR: \$170

*No class dates 7/4

Instructor: FirstServe Tennis

Location: Cavalier Trail Park

Adult Intermediate Tennis 18 & up

Students refine stroke production with an emphasis on rallying, tactics, and match play. Player-Coach ratio 4:1.

Wed: 6/20-7/25* **8:45-10pm**
350906-A R: \$150 / NR: \$170

Wed: 8/1-8/29 **8:45-10pm**
350906-B R: \$150 / NR: \$170

*No class dates 7/4

Instructor: FirstServe Tennis

Location: Cavalier Trail Park

Stress Burner Yoga 2018 13 & up

This unique summer class will be taught by a team of rotating Stress Burner Yoga teachers including its founder. Imagine moving through your day with a new sense of resilience, confidence and calm. Stress Burner Yoga techniques can help you lower your stress "set-point" and cultivate flexibility on the mat and in life. In this different kind of yoga class we'll focus on ways to cultivate a daily practice of mindfulness, calm, gratitude and joy in a fun, supportive atmosphere. You have the perfect body for this class which is also a good complement to any yoga class you are already taking. Plus you will learn Emotional Freedom Technique/ Tapping, Energy Medicine and Quantum Powers tools to manage stress and energy even more efficiently.

All 11 classes

Wed: 6/6-8/22* 7:30-8:30pm
350440-A R: \$200 / NR: \$220

8 of 11 classes – Your pick!

Wed: 6/6-8/22* 7:30-8:30pm
350440-A1 R: \$165 / NR: \$185

6 of 11 classes – Your pick!

Wed: 6/6-8/22* 7:30-8:30pm
350440-A2 R: \$130 / NR: \$150

*No class dates 7/4

Instructor: Stress Burner Yoga Team

Location: Community Room

Yoga for Fitness 18 & up

This class introduces participants to fundamentals of yoga practice including asanas (poses), breathing techniques, and body awareness. Class is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work safely and gently to increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Tue: 6/5-8/14 8-8:55pm
350406-A R: \$132 / NR: \$152

Instructor: BodyMoves Fitness, LLC

Location: Community Room

Class Cards! *

Can't commit to an entire session of step aerobics? The Falls Church Class Card is for you! The card entitles you attend any Step Aerobics, Weekend Workout, Core Body Strength, Conditioning, Endurance, or Kickboxing Power. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$90 / NR: \$110

Weekend Workout*

14 & up

Start your weekend with an energizing workout that revs up your metabolism and increases your energy levels. Class will incorporate strength and cardiovascular exercises utilizing a new format and equipment each week. All exercises can be adapted to your fitness level.

Sat: 6/9-8/18 8:30-9:30am
350402-A R: \$72 / NR: \$92

Instructor: Pam Doran & Eileen Cutrona

Location: Senior Center-Full

Kickboxing* 14 & up

Class will incorporate warm-up, upper and lower body kickboxing techniques and routines and cool down stretching. All moves designed to workout all major muscle groups for strength and cardio workout. Participants can work at their fitness level. Class taught by Certified Personal Trainer/Group Fitness Instructor.

Tue: 6/5-8/21 7:30-8:30pm
350403-A R: \$78 / NR: \$98

Thu: 6/7-8/23* 7:30-8:30pm
350403-B R: \$78 / NR: \$98

Instructor: Pam Doran

Location: Senior Center-Full

Step Aerobics* 14 & up

Class consists of sets of choreographed movements performed on a raised platform. Sessions will provide both cardiovascular and muscular endurance. Incorporating both upper and lower movements together will improve your coordination and agility. Step aerobics is a terrific cross-training activity for runners, cyclists and walkers.

Mon: 6/4-8/20 6:30-7:30pm
350404-A R: \$78 / NR: \$98

Location: Teen Center

Wed: 6/6-8/22* 6:30-7:30pm
350404-B R: \$72 / NR: \$92

Location: Senior Center - Right

*No class dates 7/4

Instructor: Eileen Cutrona

Total Body: Strength, Conditioning, Endurance*

18 & up

Class will include resistance, power and cardio exercises using a variety of weights and equipment to develop strength, overall conditioning and endurance. All moves can be adapted to your individual fitness level. Class taught by Certified Personal Trainer/Group Fitness Instructor.

Total Body: Strength

Tue/Thu: 6/7-8/23 6:30-7:30pm
350405-A R: \$150 / NR: \$170

Instructor: Pam Doran

Location: Senior Center-Full



Fitness Classes

WERQ 13 & up

WERQ is the fiercely fun dance fitness class based on pop and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. WERQ is taught by Certified Fitness Professionals, so the WERQout is safe and effective. Drop-in rate: \$15/class. Drop-ins, arrive early and pay at front desk.

Mon: 6/4-8/20 6-7pm
340407-A R: \$120 / NR: \$140
Instructor: Sarah Barry
Location: Dance-Full

Pilates with Props

18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Instructor will provide suggestions to source a burst-resistant, 55-cm ball or bring your own.)

Tue: 6/5-8/14 7-7:55pm
350410-A R: \$132 / NR: \$152
Instructor: BodyMoves Fitness, LLC
Location: Community Room

ESSETRICS Aging Backwards/ Age Reversing Classical Stretch 18 & up

Age reversing workout increases joint movement, flexibility, strength, relieves pain, increases energy. Full body workout based on tai chi's flowing movements for balanced health; ballet's theories for long, lean muscles, and healing powers of physiotherapy. By author of Aging Backwards and PBS show/book titled Forever Painless. BRING A MAT.

For info: www.essentrics.com
Sun: 6/3-8/19* 3-4pm
350433-A R: \$100 / NR: \$120
Location: Dance Studio
Tue: 6/5-8/21* 1-2pm
350433-B R: \$110 / NR: \$130
Location: Community Room
*No class dates 7/15, 8/5, 7/17
Instructor: Essentrics NOVA

NTL- Never Too Late Fitness 55 & up

Don't believe that nonsense that you have to live with all those "growing old" problems. Join our Seniors Fitness Program' instructed by a Certified Personal Trainer – Senior Fitness Specialist/ Corrective exercise specialist/Performance Enhancement Specialist/ MMA Conditioning Specialist/ Fitness Nutrition Specialist, and learn how you can fight-back, and W-I-N. Class will focus on improving balance, stability, cardiovascular endurance, strength, flexibility and most importantly, core strengthening; building a stronger and more stable foundation. And greatly reducing the risk of falling. All while meeting new people, making new friends, and having a great time! All students are to bring an exercise mat and light (2 - 8 lb. dumbbells).

Tue/Thu: 6/5-8/9* 10-11am	Thu: 6/7-8/9* 10-11am
360406-A R: \$324 / NR: \$344	360406-C R: \$162 / NR: \$182
Tue: 6/5-8/7* 10-11am	*No class dates 7/3, 7/5
360406-B R: \$162 / NR: \$182	Instructor: Capitol Fitness
	Location: 1/2 Gym Back Door

YOUTH SPORTS

Fall Soccer

(Grades Kindergarten-12th Grade)

Early Bird Registration: July 1 -July 22

Kindergarten/2nd Grade
Resident: \$85 Non-Resident: \$105

3rd Grade & Above
Resident: \$105 Non-Resident: \$125

Regular Registration: July 27 - August 5

Kindergarten/1st Grade
Resident: \$100 Non-Resident: \$120

2nd Grade & Above
Resident: \$120 Non-Resident: \$140

Teams will be formed by grade and will participate in either Falls Church or the Arlington Soccer Association. Practices and games will be held at nearby fields; times vary by team. Practices start after Labor Day and games go through early November. Volunteer coaches are needed. For more information on registration, fees, and league rule information, call **703-248-5027**.



Love the Ball Mommy & Me Soccer 2-3 years

Love the Ball soccer clinics are designed to teach participants to love the ball and the game of soccer. Each 45 minute session allows participants to have a soccer ball the entire session, playing games that increase their balance, coordination and control with a soccer ball. Parents are encouraged to do the drills as well as the children to encourage children participation. Sessions ensure player interaction with the coach and peers by using fantasy based themes such as space ships, pirates or vehicles to engage young minds in the beautiful game and encourage play and laughter. Clinics run from September 5 - October 27. Registration for the clinics starts July 16th and will stay open until filled. Ages are as of September 1, 2018. Classes will be held on Columbus Day weekend.

Ages 2-3
Wed: 9/5-10/24 10-10:45am
631104-A R: \$100 / NR: \$120
Wed: 9/5-10/24 3-3:45pm
631104-C R: \$100 / NR: \$120
Sat: 9/8-10/27 9-9:45am
631104-E R: \$100 / NR: \$120
Location: Larry Graves Field

Love the Ball Mini Kickers

4-5 years

This class builds upon the skills learned in the Mommy and Me Soccer class developing new skills including independence, confidence, decision making and sportsmanship. Each 45 minute session ensures player interaction with the coach and peers by using fantasy based themes, such as space ships, pirates or vehicles to engage young minds in the beautiful game. Clinics run from September 5 - October 27. Registration for the clinics starts July 16th and will stay open until filled. Ages are as of September 1, 2018. Classes will be held on Columbus Day weekend.

Ages 4-5

Wed: 9/5-10/24 11-11:45am
631104-B R: \$100 / NR: \$120

Wed: 9/5-10/24 4-4:45pm
631104-D R: \$100 / NR: \$120

Sat: 9/8-10/27 10-10:45am
631104-F R: \$100 / NR: \$120

Sat: 9/8-10/27 11-11:45am
631104-G R: \$100 / NR: \$120

Location: Larry Graves Field



ADULT SPORTS

Fall Co-ed Volleyball

Registration: July 16th – August 12th (Teams Only)

League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18 years or older. Games are played primarily on Tuesdays and Thursdays. Call **703-248-5027** for registration form, fees, and league rules.
Fees: \$300

Fall Women's Volleyball

Registration: July 16th – August 12th (Teams Only)

League play starts the beginning of September and runs through the beginning of November. Registration is on a team-basis only and team members must be 18 years or older. Games are played primarily on Mondays and Wednesdays. Call **703-248-5027** for registration form, fees, and league rules.
Fees: \$240



Adult Fall Co-ed Soccer

For more information, call **703-248-5027** and ask for Jimmy Ruby.

Fall Men's Basketball League

Registration: July 16th – August 12th (Teams Only)

League play starts at the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call **703-248-5027** for registration form, fees, and league rules.

Fees: \$800 per team

Fall Women's Basketball League

Registration: July 16th – August 12th (Teams Only)

League play starts at the beginning of September and runs through the beginning of November. Various levels of competition are offered. Registration is on a team-basis only and team members must be 18 years or older. Call **703-248-5027** for registration form, fees, and league rules.

Fees: \$600 per team (8 game schedule)

Youth Flag Football

Grades 2-9

Early Bird Registration: June 4 - July 1

Resident: \$100 / Non-Resident: \$120

Regular Registration: July 2 - August 26

Resident: \$110 / Non-Resident: \$130

Falls Church Recreation & Parks Department will be hosting our annual youth flag football league this fall.

This program is a co-ed, non-contact, 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment. League will be run on Saturday evenings at George Mason High School starting mid-afternoon each week. Volunteer coaches are needed. Please contact Jimmy Ruby for more details at **703-248-5027**.

Location: George Mason Turf Field

Mandatory Tryout Dates:

Grades 2/3-September 8th at 2:30pm

Grades 4/5-September 8th at 4:30pm

Grades 6/7-September 16th at 2:30pm

Grades 8/9 – September 16th at 4:30pm

600001-A: Grades 2/3

600002-A: Grades 4/5

600003-A: Grades 6/7

600004-A: Grades 8/9

Summer 2018

Falls Church Clubs

COME JOIN A FALLS CHURCH CLUB!

The City of Falls Church Concert Band

The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Robert Little brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45 to 9:45 p.m. at the George Mason High School, 7124 Leesburg Pike, in Falls Church. Visit the band website at www.fallschurchconcertband.org

Bridge Club

Social Bridge – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

Contract Bridge – Meets every Friday at 10am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player. Please call the Senior Center at **703-248-5020** for more information.

Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some bingo, have fun, socialize and meet new friends. Besides bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card apply. Please call the Senior Center at **703-248-5020** for more information.

Looking to Start a Club?

Please call the Senior Center at 703-248-5020 for more information.

Garden Club

The Falls Church Garden Club is a City sponsored local horticultural organization open to anyone. Annual membership is \$15 or \$20 for two at the same address. The Club meets the first Monday of the month, with the exception of January, July and August. Meetings are held in the American Legion Post 130 building at 400 N. Oak Street in Falls Church at 7:30 pm., and feature garden specialists who share their knowledge on various gardening topics. Come meet and make new friends, enjoy the best cookies in town and you may win a prize! Additional activities include club trips, visits to private/public gardens, plant exchanges and a **SPRING Plant Sale**. Proceeds benefit all aspects of horticulture in Falls Church City. A monthly newsletter is also published with news of club activities and special events. More information? Be sure to check our website www.fallschurchgardenclub.org and our Facebook page.

Knitting and Crocheting Club

Every Thursday at 10am in the Senior Center. Knitting and Crocheting for all skill levels. Come join us for a great learning experience. All projects welcomed.

Language Clubs

German Conversation

Tuesdays at 10am

Spanish Conversation

Wednesdays at 10:45am

Italian Conversatio

Wednesdays at 1:30pm

French Conversation

Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs. Please call the Senior Center at **703-248-5020** for more information.

Lunch Bunch Club

Come join us for a lunch outing on the second Monday every month as we visit the different local restaurants Responsible for own meal. Transportation on your own.

Monday, June 11 – Ruby Tuesday

Monday, July 9 – El Tio Mexican

Monday, August 13 – IHOP

Military History

Hear from authors, historians, and those with first-hand accounts about events that shook the world.

Alternate Fridays 10am-Noon
(Meets September thru May)



Oil and Acrylic Painting

Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Department. A wide range of activities is offered Monday-Friday.

Please call **703-248-5020** for more information. **Hours of Operation:** Monday-Friday, 9am-3pm.

SENIOR CENTER ACTIVITIES:

Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Ballroom Dancing

Every 2nd Thursday from 1:00-2:45pm

Blood Pressure Screening

Held every other Tuesday from 9am-10am. (September-May)

Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Both days meet at 10am.

Bingo

Meets every Wednesday from 10am-1:30pm.

Hand and Foot

If you are up for the challenge, or would like to socialize and play a friendly game, play Canasta with us every Thursday at 9:30am

Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly. Some knowledge of the language is expected, these are not teaching clubs.

Tuesdays: German Conversation at 10am

Wednesdays Spanish Conversation at 10:45am and Italian conversation at 1:30pm

Thursdays: French conversation at 10am

Golden Age Bingo Club

Meets every Tuesday from 10am-1:30pm.

Knitting and Crocheting

Come knit and crochet with us. All levels encouraged. Every Thursday at 10am.

Lunch Bunch Club

Come join the Senior Center staff in a lunch outing at different local restaurant each second Monday of the month at 12:15pm. Bring your appetite! Transportation on your own.

Military History

Hear from authors, historians, and those with first-hand accounts about events that shook the world. Alternate Fridays at 10am-Noon (September-May)

Modified Senior Yoga

Every Friday at 2:30pm. Reservations are required. (September-May)

Oil and Acrylic Painting

Every Friday from 1-3pm. Open Studio. Work on your own projects.

Pickleball

Every Monday from Noon-2:30pm and Wednesdays from 11:30am-1:30pm (September thru May)

Pinnochie

Every Monday 12:30pm-3pm

Rummikub Challenge

Come every Wednesday at 1:30pm and play a friendly game of Rummikub with friends and staff.

Scrabble

Come every Tuesday at 1:30pm and play a friendly game of Scrabble with friends.

Watercolor/Drawing Open Studio

Every Friday from 1-3pm. Open Studio. Work on your own projects

MARK YOUR CALENDARS

SENIOR OLYMPICS COMING:

SEPTEMBER 15 – 26

Sponsored by the Northern Virginia Senior Olympic Committee and co-sponsored by Northern Virginia Recreation and Parks Departments, the Northern Virginia Senior Olympic Program is held annually in Northern Virginia and open to all senior adults ages 50 years and older. Both Indoor and Outdoor events offered.

NVSO offers both indoor and outdoor events, including swimming, diving, tennis, table tennis, racquetball, pickleball, men's basketball, volleyball, cycling, badminton, bowling, Wii bowling, team line dancing, golf, miniature golf, bocce, eight ball pool, horseshoes, and track and field. Board games and cards games also are offered, such as cribbage, duplicate bridge, bunco and scrabble.

Please visit our website at www.nvso.us or call the Senior Center at **703-248-5020** for more information.



SPECIAL SENIOR PROGRAMS

June: Summer Ice Cream Social – Wednesday, June 27th at 1:30pm

July: Bingo Bash & Pizza Party – Wednesday, July 25th at 10am-1:30pm

August: Dog Days of Summer Party – Wednesday, August 22nd at 1:30pm


SPECIAL SENIOR TRIPS

June: Riverside Center-“Patsy Cline” Friday, June 22nd from 10am-6pm

July: Maryland Live Casino Monday, July 30th from 9am-4:30pm

Summer Camps

June 18-22, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
4-6	Little Shots Tennis Introduces tots to tennis through fun games and activities designed to build coordination. No Extended Care.	381901-A	8:30-9:30am	First Serve Tennis	GMHS Courts \$110/\$130
4-6	Science is Fun Connect the topic of the week to the books, music and creative projects	382000-A	1-4pm	Recreation Dept. Staff	Community Center \$125/\$14
6-11	Airplanes, Bridges & Gadgets Build your own rubber-powered model air-plane. Join us in our bridge building contest. Build 6 electronic projects. Afternoon Extended Care: 3-6pm, 389992-A \$65	384041-A	12:45-3:45pm	Sciensational	Community Center \$190/\$210
6-12	MiKiDo Future Champ. Camp Promotes and develops skills of fitness, teamwork, discipline, confidence, learning Martial Arts basics. Morning Extended Care: 7-9am, 389991-A \$45 Afternoon Extended Care: 3-6pm, 389992-A \$65	381407-A	9am-3pm	MiKiDo	Community Center \$295/\$315
6-14	Giant Basketball-Coed Players learn basketball, skills, shooting, team play, defensive positioning, speed drills. Morning Extended Care: 7-9am, 389991-A \$45 Afternoon Extended Care: 3-6pm, 389992-A \$65	381207-A	9am-3pm	Giant Basketball Academy	MEH Gym \$210/\$230
7-10	Tennis I & II Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys. No extended care.	381902-A	9:45am-12:15pm	First Serve Tennis	GMHS Courts \$275/\$295
7-11	Baroody Dance Camp Full day of dance camp with movement and choreography. Morning Extended Care: 7-9am, 389991-A \$45 Afternoon Extended Care: 3-6pm, 389992-A \$65	380236-A	9am-3pm	Baroody Camps	Community Center \$225/\$245
7-14	Virgil Seay Sports Camp This week will focus on basketball, indoor soccer and floor hockey. Gain self-confidence in a semi-competitive atmosphere. Morning Extended Care: 7-9am, 389991-A \$45 Afternoon Extended Care: 3-6pm, 389992-A \$65	381403-A	9am-3pm	VSSA Sports Training	Aux. Gym at GMHS \$190/\$210
8-12	Mustang Girls Lacrosse Camp Camp is presented by GMHS varsity coaches. Designed for campers who want to improve their lacrosse skills. Morning Extended Care: 7-9am, 389991-A \$45 Afternoon Extended Care: 3-6pm, 389992-A \$65	381002-A	9am-3pm	Mustang Sports	GMHS Fields \$200/\$220
8-12	Mustang Basketball - Boys Camp is presented by GMHS varsity coaches. Designed for campers wanting to improve their skills. Morning Extended Care: 7-9am, 389991-A \$45 Afternoon Extended Care: 3-6pm, 389992-A \$65	381203-A	9am-3pm	Mustang Sports	GMHS Main Gym \$200/\$220
					
8-16	Golf Camp Campers learn putting, chipping, irons, woods, sand play, rules, etiquette, and course management. Transportation provided from the Falls Church Community Center and back. Morning Extended Care: 7-9am, 389991-A \$45 Afternoon Extended Care: 3-6pm, 389992-A \$65	381601-A	9am-3pm	Every Body Golf School	Oakton, VA \$475/\$495
9-13	Music Camp Learn to play favorite instrument and play in a band. Instruments will be introduced. Morning Extended Care: 7-9am, 389991-A \$45 Afternoon Extended Care: 3-6pm, 389992-A \$65	382056-A	9am-3pm	Baroody Camps	MEHMS \$325/\$345

Summer Camps

June 18-22, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
9-17	Fencing with VAF No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.	381701-A	9am-12pm	VA Academy of Fencing	Springfield, VA \$190/\$210
6-7	Fencing- NOVA Fencing Club	381702-A	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club \$360/\$380
8-14	Fencing- NOVA Fencing Club Introduction to the Olympic sport of fencing through fun drills and games. No transportation/extended care.	381702-A1	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club \$360/\$380
10-14	Tennis I & II Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys. No extended care.	381903-A	9:45a-12:15p	First Serve Tennis	GMHS Courts \$275/\$295
11-15	Teen Excursion Campers will travel to a different exciting destinations each day of the week. Camp meets at the Community Center. Morning Extended Care: 7-9am, 389991-A \$45 Afternoon Extended Care: 3-6pm, 389992-A \$65	383201-A	9a-5p	Recreation Dept. Staff	*Offsite \$390/\$410



June 25-29, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
3-4	First Kicks Soccer Players are introduced to basics through fundamental activities, games and fun soccer challenges. No extended care.	381303-B	9-10am	Challenger Sports	GMHS Fields \$107/\$127
4-6	Mini-Soccer Players are introduced to basics through fundamental activities, games and fun soccer challenges. No extended care.	381304-B	10-11:30am	Challenger Sports	GMHS Fields \$136/\$156
4-6	Little Shots Tennis Introduces tots to tennis through fun games and activities designed to build coordination. No Extended Care.	381901-B	8:30-9:30am	First Serve Tennis	GMHS Courts \$110/\$130
6-8	Everybody Dance Camp Children will explore ballet, jazz, hip-hop, tap, musical theatre and modern dance. Morning Extended Care: 7-9am, 389991-B \$45 Afternoon Extended Care: 3-6pm, 389992-B \$65	380229-B	9am-3pm	Everybody Dance	Community Center \$300/\$320



Summer Camps

6-11 Can You Dig It	384043B	12:45-3:45pm	Sciensational	Community Center	\$190/\$210
Kids make fossils come alive. Each child will partake in a simulated fossil excavation. Afternoon Extended Care: 3-6pm, 389992-C \$55					
6-11 Make It Take It Home	384042-B	9am-12pm	Sciensational	Community Center	\$190/\$210
Science projects you take home - that teach - that are fun. Morning Extended Care: 7-9am, 389991-B \$45					
6-8 Jedi Master Engineering	384035-B	9am-3pm	Play-Well TEKologies	GMHS Classroom	\$349/\$369
9-12 Jedi Master Engineering	384036-B	9am-3pm	Play-Well TEKologies	GMHS Classroom	\$349/\$369
Introductory engineering course for young Jedi! Explore engineering principles by designing and building. Morning Extended Care: 7-9am, 389991-B \$45 Afternoon Extended Care: 3-6pm, 389992-B \$65					
6-7 Fencing Camp-NOVA Fencing	381702-B	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club	\$360/\$380
8-14 Fencing Camp-NOVA Fencing	381702-B1	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club	\$360/\$380
Introduction to the Olympic sport of fencing through fun drills and games. No transportation/extended care					
6-16 Soccer Half Day Camp	381305-B	9am-12pm	Challenger Sports	GMHS Fields	\$183/\$203
6-16 Soccer Full Day Camp	381305-B1	9am-3pm	Challenger Sports	GMHS Fields	\$257/\$277
Learn foot skills, fakes, moves and turns, freestyle soccer, dribbling, passing and defending. Morning Extended Care: 7-9am, 389991-B \$45 B1 only - Afternoon Extended Care: 3-6pm, 389992-B \$65					
6-12 All-American Sports Camp	381401-B	9am-3pm	Sportz Campz 4 Kidz	GMHS Aux Gym	\$180/\$200
Campers will play basketball, soccer, flag football, as well as many other sports related activities. Morning Extended Care: 7-9am, 389991-B \$45 Afternoon Extended Care: 3-6pm, 389992-B \$65					

June 25-29, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
Grades 1st-6th	Summer Fun	385001-B	9am-3pm	Recreation Dept. Staff	Cherry Hill Park
Playground program to include arts and crafts, sports, free play, swimming and field trips (not included). Morning Extended Care: 7-9am, 389991-B \$45 Afternoon Extended Care: 3-6pm, 389992-B \$65					
7-14	Virgil Seay Sports Camp	381403-B	9am-3pm	VSSA Sports Training	Gym at MEHMS
This week will focus on basketball, indoor soccer and floor hockey. Gain self-confidence in a semi-competitive atmosphere. Morning Extended Care: 7-9am, 389991-A \$45 Afternoon Extended Care: 3-6pm, 389992-A \$65					



7-10 Tennis I & II	381902-B	9:45am-12:15pm	First Serve Tennis	GMHS Courts	\$275/\$295
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys. No extended care.					

Summer Camps

8-11 Field Trip Frenzy	383205-B	9am-4pm	Recreation Dept. Staff	*Offsite	
Field trips will include outdoor adventures, swimming, entertainment and more. Meet at Community Center.					\$350/\$370
Morning Extended Care: 7-9am, 389991-B \$45		Afternoon Extended Care: 3-6pm, 389992-B \$55			
8-12 Mustang Basketball - Girls	381203-B	9am-3pm	Mustang Sports	GMHS Main Gym	
Camp is presented by GMHS varsity coaches. Designed for campers wanting to improve their skills.					\$200/\$220
Morning Extended Care: 7-9am, 389991-B \$45		Afternoon Extended Care: 3-6pm, 389992-B \$65			
8-13 Baseball Camp	381001-B	9am-3pm	Mustang Sports	GMHS Fields	
Campers will learn skills in fielding (infield and outfield), hitting, base running, and game situations.					\$200/\$220
Morning Extended Care: 7-9am, 389991-B \$45		Afternoon Extended Care: 3-6pm, 389992-B \$65			
8-13 Fishing Camp	381001-B	8:30am-4pm	Fish and Explore	*Offsite	
Fish in some or all: lakes, reservoirs, ponds, rivers, streams, and creeks. Meet at Community Center.					\$595/\$615
Morning Extended Care: 7-9am, 389991-B \$45		Afternoon Extended Care: 3-6pm, 389992-B \$65			



8-16 Golf Camp	381601-B	9am-3pm	Every Body Golf School	Oakton, VA	
Campers learn putting, chipping, irons, woods, sand play, rules, etiquette, and course management.					\$475/\$495
Transportation provided from the Falls Church Community Center and back.					
Morning Extended Care: 7-9am, 389991-B \$45		Afternoon Extended Care: 3-6pm, 389992-B \$65			



9-12 Dream in Color Dance	380228-B	9am-3pm	Dream In Color	Community Center	
Students will experience daily technique and choreography classes in Jazz, Hip Hop, Tap and Ballet.					\$250/\$270
Morning Extended Care: 7-9am, 389991-B \$45		Afternoon Extended Care: 3-6pm, 389992-B \$65			
10-14 Tennis I & II	381903-B	9:45am-12:15pm	First Serve Tennis	GMHS Courts	
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys. No extended care.					\$275/\$295

Summer Camps

July 2-6, 2018 – No Camp Wednesday, July 4

Ages	Description	Activity #	Hours	Instructor	Location/Fee
4-6	Creepy Creatures Connect the topic of the week to the books, music and creative projects.	382000-C	1-4pm	Recreation Dept. Staff	Community Center \$100/\$120
6-12	All-American Sports Campers will play basketball, soccer, flag football, as well as many other sports related activities. Morning Extended Care: 7-9am, 389991-C \$36	381401-C	9am-3pm	Sportz Campz 4 Kidz	GMHS Aux Gym \$144/\$164
6-12	UP! UP! And Away Art Camp Like balloons in the sky, we are up, up and away for a creative adventure. Morning Extended Care: 7-9am, 389991-C \$36	382070-C1	9am-3pm	Abrakadoodle	GMHS \$240/\$260




Grades	Summer Fun	385001-C	9a-3p	Recreation Dept. Staff	Cherry Hill Park
1st-6th	Playground program to include arts and crafts, sports, free play, swimming and field trips (not included). Morning Extended Care: 7-9am, 389991-C \$36				\$136/\$156
				Afternoon Extended Care: 3-6pm, 389992-C \$52	



6-13	Silver Knights Chess	382103-C	9am-3pm	Silver Knights Chess	GMHS	\$280/\$300
6-13	Silver Knights Chess	382103-C1	9am-12pm	Silver Knights Chess	GMHS	\$160/\$180
6-13	Silver Knights Chess Learn basic rules/strategy, openings, tactics, and endgames. Study, play and analyze games. Morning Extended Care: 7-9am, 389991-C \$36	382103-C2	12pm-3pm	Silver Knights Chess	GMHS	\$160/\$180
				Afternoon Extended Care: 3-6pm, 389992-C \$52		

Summer Camps

7-11 Baroody Dance Camp	380236-C	9am-3pm	Baroody Camps	Community Center	\$180/\$200
Full day of dance camp with movement and choreography. Morning Extended Care: 7-9am, 389991-C \$36 Afternoon Extended Care: 3-6pm, 389992-C \$52					
7-11 Once Upon a Time....	382055-C	9am-3pm	Baroody Camps	GMHS	\$220/\$240
Keep your writing skills fresh over the summer while also publish your very own books. Morning Extended Care: 7-9am, 389991-C \$36 Afternoon Extended Care: 3-6pm, 389992-C \$52					
7-12 Coding Camp	384027-C	9am-3pm	Silver Knights Enrichment	GMHS	\$360/\$380
7-12 Coding Camp	384027-C1	9am-12pm	Silver Knights Enrichment	GMHS	\$240/\$260
7-12 Coding Camp	384027-C2	12pm-3pm	Silver Knights Enrichment	GMHS	\$240/\$260
Learn to create stories, games, and animations using Scratch, a visual programming language. Morning Extended Care: 7-9am, 389991-C \$36 Afternoon Extended Care: 3-6pm, 389992-C \$52					
8-12 Baroody Basketball Camp	381205-C	9am-3pm	Baroody Camps	GMHS Main Gym	\$180/\$200
Full day of dance camp with movement and choreography. Morning Extended Care: 7-9am, 389991-C \$36 Afternoon Extended Care: 3-6pm, 389992-C \$52					
8-13 Tech Savvy Girls	384008C	9am-3pm	Digital Kidz	MEHMS	\$300/\$320
Camp combines technology, leadership, social activism and empowering the next generation of women in STEM. Morning Extended Care: 7-9am, 389991-C \$36 Afternoon Extended Care: 3-6pm, 389992-C \$52					
					
9-13 Music Camp	381403-C	9am-3pm	Baroody Camps	MEHMS	\$260/\$280
Learn to play favorite instrument and play in a band. Instruments will be introduced. Morning Extended Care: 7-9am, 389991-C \$36 Afternoon Extended Care: 3-6pm, 389992-C \$52					
10-16 Loaded Up Volleyball	381003-C	9am-3pm	VSSA Sports Training	MEHMS Gym	\$156/\$176
Learn mechanics of passing/receiving, setting skills and proper basic skills for hitting/positioning. Morning Extended Care: 7-9am, 389991-C \$36 Afternoon Extended Care: 3-6pm, 389992-C \$52					
10-16 Inner Quest	383102-C	8am-4pm	Inner Quest	*Offsite	\$442/\$462
Campers explore the great outdoors in this exciting adventure camp. Meet at Community Center. Morning Extended Care: 7-9am, 389991-C \$36 Afternoon Extended Care: 3-6pm, 389992-C \$52					



Summer Camps

12-15 Amusement Parks Thrills and Chills	383206-C	9am-9pm	Recreation Dept. Staff	*Offsite	
Exciting week, campers will visit Kings Dominion, Splashdown Waterpark, Bush Gardens and more. Return times vary.					\$375/\$395
Morning Extended Care: 7-9am, 389991-C \$36		Afternoon Extended Care: 3-6pm, 389992-C \$52			

12-15 ProCampFest	382005-C	9am-4pm	VSSA Sports Training	GMHS	
Catch the largest fish, or smallest. Play a round of golf. Do something different every day at this camp.					\$340/\$360
Morning Extended Care: 7-9am, 389991-C \$36		Afternoon Extended Care: 3-6pm, 389992-C \$52			

July 9-11, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
3-6 We Travel the World Art	382071-D	9am-12pm	Abakadoodle	GMHS	
We'll travel the world to find interesting art forms in this art camp. No extended care.					\$199/\$219
6-12 We Travel the World Art	382071-D1	9am-3pm	Abakadoodle	GMHS	
We'll travel the world to find interesting art forms in this art camp.					\$299/\$319
Morning Extended Care: 7-9am, 389991-D \$45		Afternoon Extended Care: 3-6pm, 89992-D \$65			



4-6 Little Shots Tennis	381901-D	8:30-9:30am	First Serve Tennis	GMHS Courts	
Introduces tots to tennis through fun games and activities designed to build coordination. No extended care.					\$110/\$130

5-7 Camp SheEO for Little Girls	382029-D	9am-12:30pm	SheEO, LLC	GMHS	
Play market supply and demand, have fun with financial literacy and create dream board and elevator pitch.					\$318/\$338
Morning Extended Care: 7-9am, 389991-D \$45					

July 9-11, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
5-8 Shooting Stars-Half Day	381402-D	9am-1pm	Sportz Campz 4 Kidz	GMHS Aux Gym	\$115/\$135
5-8 Shooting Stars-Full Day	381402-D1	9am-3pm	Sportz Campz 4 Kidz	GMHS Aux Gym	
Children will get a "kick" out of this fun packed camp designed to "ignite a passion for sports".					\$180/\$200
Morning Extended Care: 7-9am, 389991-D \$45		Afternoon Extended Care (Full day only): 3-6pm, 389992-D \$65			
6-8 Dream in Color Dance	380228-D	9am-3pm	Dream In Color	Community Center	
Students will experience daily technique and choreography classes in Jazz, Hip Hop, Tap and Ballet.					\$250/\$270
Morning Extended Care: 7-9am, 389991-D \$45		Afternoon Extended Care: 3-6pm, 389992-D \$65			
6-11 Dramatic Kids!	382105-D	9am-3pm	C.A.R.E. Actor	MEHMS	310/330
Young artists will take part in theater games, playwriting, set & costume design and more.					\$340/\$360
Morning Extended Care: 7-9am, 389991-D \$45		Afternoon Extended Care: 3-6pm, 389992-D \$65			
6-12 Made to Move!	382046-D	9am-3pm	PhysioFit Kids	MEHMS	
KICK! BEND! SQUAT! JUMP! Come get active with PhysioFitKids!					\$340/\$360
Morning Extended Care: 7-9am, 389991-D \$45		Afternoon Extended Care: 3-6pm, 389992-D \$65			



Summer Camps

Grades	Summer Fun	385001-D	9am-3pm	Recreation Dept. Staff	Cherry Hill Park	
1st-6th	Playground program to include arts and crafts, sports, free play, swimming & field trips (not included). Morning Extended Care: 7-9am, 389991-D \$45 Afternoon Extended Care: 3-6pm 389992-D \$65					\$170/\$190
7-10	Tennis I & II	381902-B	9:45am-12:15pm	First Serve Tennis	GMHS Courts	
	Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys. No extended care.					\$275/\$295
8-10	Donut Bar	382036-D	9am-3pm	Tiny Chefs	Community Center	
	Donuts have always been an American favorite! Variety of glazes to choose from! Morning Extended Care: 7-9am, 389991-D \$45 Afternoon Extended Care: 3-6pm, 389992-D \$65					\$335/\$355
8-12	Baroody Basketball Camp	381205-D	9am-3pm	Baroody Camps	GMHS Main Gym	
	Full day of dance camp with movement and choreography. Morning Extended Care: 7-9am, 389991-D \$45 Afternoon Extended Care: 3-6pm, 389992-D \$65					\$225/\$245
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8-12	Play Up Lacrosse	381214-D	9am-3pm	Play Up Sports	GMHS Field	
	Camp will offer girls and boys the opportunity to learn and improve their lacrosse skills. Morning Extended Care: 7-9am, 389991-D \$45 Afternoon Extended Care: 3-6pm, 389992-D \$65					\$175/\$195
8-13	Jr. Programming	384007-D	9am-3pm	Digital Kidz	MEHMS	
	Kids plan and build amazing projects using visual programming. Morning Extended Care: 7-9am, 389991-D \$45 Afternoon Extended Care: 3-6pm, 389992-D \$65					375/395
8-15	Blast Into The Past	381801-D	9am-3pm	Recreation Dept. Staff	Cherry Hill Farm.	
	Campers will step back in time and experience first-hand what a young girl's life was like in 19th century Virginia. Morning Extended Care: 7-9am, 389991-D \$45 Afternoon Extended Care: 3-6pm, 389992-D \$65					\$300/\$320
9-17	Fencing with VAF	381701-D	9am-12pm	VA Academy of Fencing	Springfield, VA	
	No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.					\$190/\$210
10-18	G-Street Fabrics Teen 1	382105-D	9am-1pm	G-Street Fabrics	GMHS	
	Even complete novices will complete something for their room, something for their stuff and something to wear. Morning Extended Care: 7-9am, 389991-D \$45					\$295/\$315



Summer Camps

July 16-20, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
4-6	Creative Cooking Connect the topic of the week to the books, music and creative projects.	382000-E	1-4pm	Recreation Dept. Staff	Community Center \$125/\$145
6-8	Race Around the World Race with your team to discover new places and cultures. Morning Extended Care: 7-9am, 389991-E \$45	384028-E	9am-12pm	iSchool for the Future	GMHS \$235/\$255
8-11	Race Around the World Race with your team to discover new places and cultures. Morning Extended Care: 7-9am, 389991-E \$45	384028-E1	9am-3pm	iSchool for the Future	GMHS \$335/\$355
6-8	Dream in Color Dance Students will experience daily technique and choreography classes in Jazz, Hip Hop, Tap and Ballet. Morning Extended Care: 7-9am, 389991-E \$45	380228-E	9am-3pm	Dream In Color	Community Center \$250/\$270
6-8	Donut Bar Donuts have always been an American favorite! Campers have a variety of glazes to choose from. Morning Extended Care: 7-9am, 389991-E \$45	382036-E	9am-3pm	Tiny Chefs	Community Center \$335/\$355
 					
6-11	Dramatic Kids! Young artists will take part in theater games, playwriting, set & costume design and more. Morning Extended Care: 7-9am, 389991-E \$45	382105-E	9am-3pm	C.A.R.E. Actor	MEHMS \$310/\$330
6-12	All-American Sports Camp Campers will play basketball, soccer, flag football, as well as many other sports related activities. Morning Extended Care: 7-9am, 389991-E \$45	381401-E	9am-3pm	Sportz Campz 4 Kidz	GMHS Aux Gym \$180/\$200
6-14	Giant Basketball-Boys Players learn basketball, skills, shooting, team play, defensive positioning, speed drills. Morning Extended Care: 7-9am, 389991-E \$45	381207-E	9am-3pm	Giant Basketball Acad.	MEH Gym \$210/\$230
Grades 1st-6th	Summer Fun Playground program to include arts and crafts, sports, free play, swimming & field trips (not included). Morning Extended Care: 7-9am, 389991-E \$45	385001-E	9am-3pm	Recreation Dept. Staff	Cherry Hill Park \$170/\$190
7-11	Gymnastics Camp This camp will provide a low stress introduction to basic gymnastics skills. Morning Extended Care: 7-9am, 389991-E \$45	380250-E	9am-3pm	Baroody Camps	MEHMS \$325/\$345
7-12	Singing Kidz Whether your already a singer or dream of becoming one, get closer to making your dreams come true!!! Morning Extended Care: 7-9am, 389991-E \$45	380223-E	9am-3pm	Etheric Realms	MEHMS \$300/\$320
7-12	Coding Camp	384027-E	9am-3pm	Silver Knights Enrichment	GMHS \$449/\$469
7-12	Coding Camp	384027-E1	9am-12pm	Silver Knights Enrichment	GMHS \$299/\$319

Summer Camps

7-12 Coding Camp 384027-E2 12pm-3pm Silver Knights Enrichment GMHS
Learn to create stories, games, and animations using Scratch, a visual programming language. \$299/\$319
Morning Extended Care: 7-9am, 389991-E \$45 Afternoon Extended Care: 3-6pm, 389992-E \$65

8-12 Mustang Soccer Camp 381310-E 9am-3pm Mustang Sports GMHS Field
This camp is presented by the George Mason High School Varsity School Soccer Coaches. \$200/\$220
Morning Extended Care: 7-9am 389991-E \$45 Afternoon Extended Care: 3-6pm 389992-E \$65



8-13 Baseball Camp 381001-E 9am-3pm Mustang Sports GMHS Fields 200/220
Campers will learn skills in fielding (infield and outfield), hitting, base running, and game situations.
Morning Extended Care: 7-9am, 389991-E \$45 Afternoon Extended Care: 3-6pm, 389992-E \$65



8-13 Jr. Programming 384007-E 9am-3pm Digital Kidz MEHMS
Kids plan and build amazing projects using visual programming. \$375/\$395
Morning Extended Care: 7-9am, 389991-E \$45 Afternoon Extended Care: 3-6pm, 389992-E \$65

8-15 Sports Camp 383004-E 8am-5pm Camp Olympia *Offsite
Participate in swimming, horseback lessons and team sports or individual sports. Meet at Community Center. \$485/\$505
Morning Extended Care: 7-9am, 389991-E \$45 Afternoon Extended Care: 3-6pm, 389992-E \$65



8-15 Horseback Riding Camp 383003-E 8am-5pm Camp Olympia *Offsite
Participate in swimming, horseback lessons and team sports or individual sports. Meet at Community Center. \$580/\$600
Morning Extended Care: 7-9am, 389991-E \$45 Afternoon Extended Care: 3-6pm, 389992-E \$65

Summer Camps

9-12	Everybody Dance Camp	380229-E	9am-3pm	Everybody Dance	Community Center	\$300/\$320
Children will explore ballet, jazz, hip-hop, tap, musical theatre and modern dance. Morning Extended Care: 7-9am, 389991-E \$45 Afternoon Extended Care: 3-6pm, 389992-E \$65						

10-17	Nature Photography	381800-E	8:30am-4:30pm	Fish and Explore	*Offsite	495/515
Students learn about digital photography while hiking local nature trails and parks. Meet at Community Center. Morning Extended Care: 7-9am, 389991-E \$45 Afternoon Extended Care: 3-6pm, 389992-E \$65						



10-14	Tennis I & II	381903-E	9:45am-12:15pm	First Serve Tennis	GMHS Courts	\$275/\$295
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys. No extended care.						

10-16	Inner Quest	383101-E	8am-4pm	Inner Quest	*Offsite	\$520/\$540
Campers explore the great outdoors in this exciting adventure camp. Meet at Community Center. Morning Extended Care: 7-9am 389991-E \$36 Afternoon Extended Care: 3-6pm 389992-E \$52						

10-18	G-Street Fabrics Teen 1	382105-E	9am-1pm	G-Street Fabrics	GMHS	\$295/\$315
Even complete novices will complete something for their room, something for their stuff and something to wear. Morning Extended Care: 7-9am 389991-E \$45						

11-18	Advanced Athletics & Sports	381217-E	9am-3pm	Play Up Sports	GMHS main Gym	\$175/\$195
Camp will offer girls and boys the opportunity to learn and improve their lacrosse skills. Morning Extended Care: 7-9am 389991-E \$45 Afternoon Extended Care: 3-6pm 389992-E \$65						

July 23-27, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
3-5	Dream in Color Dance	380228-F	9am-12pm	Dream In Color	Community Center
Daily technique and choreography classes in Jazz, Hip Hop, Tap and Ballet. No extended care.					
3-4	First Kicks Soccer	381303-F	9-10am	Challenger Sports	GMHS Fields
An introduction to basics through fundamental activities, games and fun soccer challenges. No extended care.					
4-6	Mini-Soccer	381304-F	10:15-11:45am	Challenger Sports	GMHS Fields
An introduction to basics through fundamental activities, games and fun soccer challenges. No extended care.					



4-6	Little Shots Tennis	381901-F	8:30-9:30am	First Serve Tennis	GMHS Courts	\$110/\$130
Introduces tots to tennis through fun games and activities designed to build coordination. No extended care.						

Summer Camps

6-12	Dance Yogi Kidz	380224-F	9am-3pm	Etheric Realms	Community Center	
Hip-Hop Dance yoga is an innovative, creative, fun, dynamic way for kids to learn and enjoy the ancient art form of yoga!						\$300/\$320
Morning Extended Care: 7-9am, 389991-F \$45		Afternoon Extended Care: 3-6pm, 389992-F \$65				
6-12	Cartooning Animal Friends	381008-F	1-4pm	Young Rembrandts	Community Center	
Animal friends of all shapes and sizes are personified through cartooning into comical characters.						\$225/\$245
Afternoon Extended Care: 3-6pm, 389992-F \$65						
6-12	All-American Sports Camp	381401-F	9am-3pm	Sportz Campz 4 Kidz	GMHS Aux Gym	
Campers will play basketball, soccer, flag football, as well as many other sports related activities.						\$180/\$200
Morning Extended Care: 7-9am, 389991-E \$45		Afternoon Extended Care: 3-6pm, 389992-E \$65				
6-12	All Systems Are Go	382045-F	9am-3pm	PhysioFit Kids	MEHMS	
All systems are 3-2-1-Go! Learn about the systems of the body with super fun learning activities.						\$340/\$360
Morning Extended Care: 7-9am, 389991-F \$45		Afternoon Extended Care: 3-6pm, 389992-F \$65				
6-7	Fencing Camp-NOVA Fencing	381702-F	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club	\$360/\$380
8-14	Fencing Camp-NOVA Fencing	381702-F1	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club	
Introduction to the Olympic sport of fencing through fun drills and games. No transportation/extended care.						\$360/\$380
6-16	Soccer Half Day Camp	381305-F	9am-12pm	Challenger Sports	GMHS Fields	\$183/\$203
6-16	Soccer Full Day Camp	381305-F1	9am-3pm	Challenger Sports	GMHS Fields	
Learn foot skills, fakes, moves and turns, freestyle soccer, dribbling, passing and defending.						\$257/\$277
Morning Extended Care: 7-9am, 389991-F \$45		Afternoon Extended Care (full day only): 3-6pm, 389992-F \$65				
7-10	Tennis I & II	381902-F	9:45am-12:15pm	First Serve Tennis	GMHS Courts	
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys. No extended care.						\$275/\$295
8-12	Baroody Basketball Camp	381205-F	9am-3pm	Baroody Camps	GMHS Main Gym	
Full day of dance camp with movement and choreography.						\$225/\$245
Morning Extended Care: 7-9am, 389991-F \$45		Afternoon Extended Care: 3-6pm, 389992-F \$65				
8-14	Virginia Fishing Adventures	381705-F	8:30am-4:30pm	Virginia Outside	*Offsite	550/570
Learn beginner & intermediate tactics for freshwater fishing. Supplies are provided. Meet at Community Center.						
Morning Extended Care: 7-9am 389991-F \$45		Afternoon Extended Care: 3-6pm 389992-F \$65				
8-15	Camp Olympia Sports Camp	383004-F	8am-5pm	Camp Olympia	*Offsite	
Participate in swimming, horseback lessons and team sports or individual sports. Meet at Community Center.						\$485/\$505
Morning Extended Care: 7-9am, 389991-F \$45		Afternoon Extended Care: 3-6pm, 389992-F \$65				
						
8-15	Horseback Riding Camp	383003-F	8am-5pm	Camp Olympia	*Offsite	
Participate in swimming, horseback lessons and team sports or individual sports. Meet at Community Center.						\$580/\$600
Morning Extended Care: 7-9am, 389991-F \$45		Afternoon Extended Care: 3-6pm, 389992-F \$65				
9-17	Fencing with VAF	381701-F	9am-12pm	VA Academy of Fencing	Springfield, VA	
No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.						\$190/\$210

Summer Camps

11-15 Theatrical Teens!	382106-F	9am-3pm	C.A.R.E. Actor	MEHMS	\$310/\$330
Educational Theatre Company's physical comedy camp, technology and comedy collide!					
Morning Extended Care: 7-9am, 389991-F \$45	Afternoon Extended Care: 3-6pm, 389992-F \$65				
12-15 Blast Into The Past	381801-F	9am-3pm	Recreation Dept. Staff	Cherry Hill Farm	\$300/\$320
Campers will step back in time and experience first-hand what a young girl's life was like in 19th century Virginia.					
Morning Extended Care: 7-9am, 389991-F \$45	Afternoon Extended Care: 3-6pm, 389992-F \$65				



July 30-August 3, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
3-6 Tell Me A Story		382073-G	9am-12pm	Abrakadoodle	GMHS Classroom \$199/\$219
6-12 Tell Me A Story		382073-G1	9am-3pm	Abrakadoodle	GMHS Classroom \$299/\$319
Create our own storyteller dolls that reflect the tradition of passing down stories from generation to generation.					
G1 campers only - Morning Extended Care: 7-9am, 389991-G \$45		Afternoon Extended Care: 3-6pm, 389992-G \$65			
6-12 Youth Football Camp (Non-Contact)		381006-G	9am-3pm	Sportz Campz 4 Kidz	GMHS Fields \$180/\$200
A non-contact, fundamental football camp designed to improve a child's beginning, intermediate, or advanced skill level.					
Morning Extended Care: 7-9am, 389991-G \$45		Afternoon Extended Care: 3-6pm, 389992-G \$65			
6-15 UK Elite MultiSport-Half Day		381400-G	9am-12pm	UK Elite	GMHS Aux Gym \$170/\$190
6-15 UK Elite MultiSport-Full Day		381400-G1	9am-3pm	UK Elite	GMHS Aux Gym \$235/\$255
U.K. Elite International Sport Camp is the coming together of many of the world's favourite games.					
G1 campers only - Morning Extended Care: 7-9am, 389991-G \$45		Afternoon Extended Care: 3-6pm, 389992-G \$65			

July 30-August 3, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
Grades Summer Fun		385001-G	9am-3pm	Recreation Dept. Staff	Cherry Hill Park \$170/\$190
1st-6th Playground program to include arts and crafts, sports, free play, swimming and field trips (not included).					
Morning Extended Care: 7-9am, 389991-G \$45		Afternoon Extended Care: 3-6pm, 389992-G \$65			
6-12 MiKiDo Future Champ Camp		381407-G	9am-3pm	MiKiDo	Community Center \$295/\$315
Promotes and develops skills of fitness, teamwork, discipline, confidence, learning Martial Arts basics.					
Morning Extended Care: 7-9am, 389991-G \$45		Afternoon Extended Care: 3-6pm, 389992-G \$65			
6-7 Fencing Camp-NOVA Fencing		381702-G	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club \$360/\$380
8-14 Fencing Camp-NOVA Fencing		381702-G1	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club \$360/\$380
Introduction to the Olympic sport of fencing through fun drills and games. No transportation/extended care.					
7-12 Coding Camp		384027-G	9am-3pm	Silver Knights Enrichment	GMHS \$360/\$380
7-12 Coding Camp		384027-G1	9am-12pm	Silver Knights Enrichment	GMHS \$240/\$260
7-12 Coding Camp		384027-G2	12-3pm	Silver Knights Enrichment	GMHS \$240/\$260
Learn to create stories, games, and animations using Scratch, a visual programming language.					
Morning Extended Care: 7-9am, 389991-G \$45		Afternoon Extended Care: 3-6pm, 389992-G \$65			
7-12 Magnetic Levitation		384044-G	9am-12pm	Sciensational	Community Center \$190/\$210
Build your own "futuristic Maglev" car to race and take home.					
Morning Extended Care: 7-9am, 389991-G \$45					

Summer Camps

7-12 Crime Scene Investigation	384045-G	12:45-3:45pm	Sciensational	Community Center	
Have fun learning about forensics, crime scene investigations, and crime lab chemistry as you perform experiments. Afternoon Extended Care: 3-6pm, 389992-G \$65					\$190/\$210
8-11 Digital Art	384030-G	9am-3pm	iSchool for the Future	GMHS	
Hands-on camp combines creative design, art and technology, inspiring children to generate the creative content. Morning Extended Care: 7-9am, 389991-G \$45 Afternoon Extended Care: 3-6pm, 389992-G \$65					\$350/\$370
8-13 Video Game Design	384009-G	9am-3pm	Digital Kidz	MEHMS	
Design a video game from start to finish, including choosing characters, level design, and programming functionality! Morning Extended Care: 7-9am, 389991-G \$45 Afternoon Extended Care: 3-6pm, 389992-G \$65					\$375/\$395
8-15 SheEO Business Camp	382035-G	9am-3pm	SheEO, LLC	GMHS	
Play, Plan, then Pitch to Be a SheEO! Morning Extended Care: 7-9am, 389991-G \$45 Afternoon Extended Care: 3-6pm, 389992-G \$65					\$318/\$338
8-18 ETC's #physicalcomedy	382101-G	9am-3pm	Educational Theatre Co.	MEHMS	
Educational Theatre Company's physical comedy camp, technology and comedy collide! Morning Extended Care: 7-9am, 389991-G \$45 Afternoon Extended Care: 3-6pm, 389992-G \$65					\$295/\$315




10-14 Tennis I & II	381903-G	9:45am-12:15pm	First Serve Tennis	GMHS Courts	
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys. No extended care.					\$275/\$395
11-15 Theatrical Teens!	382106-G	9am-3pm	C.A.R.E. Actor	MEHMS	
Learn the art of improv, the building blocks of playwriting, and set & costume design! Morning Extended Care: 7-9am, 389991-G \$45 Afternoon Extended Care: 3-6pm, 389992-G \$65					\$310/\$330
12-15 Amusement Park Thrills	383206-G	9am-9pm	Recreation Dept. Staff	*Offsite	
Campers visit Kings Dominion, Splashdown Waterpark, Six Flags & more. Return times vary. Meet at Community Center. Morning Extended Care: 7-9am, 389991-G \$45 Afternoon Extended Care: 3-6pm, 389992-G \$65					\$375/\$395

August 6-10, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
4-6 Little Shots Tennis	381901-H	8:30-9:30am	First Serve Tennis	GMHS Courts	
Introduces tots to tennis through fun games and activities designed to build coordination. No extended care.					\$110/\$130
6-11 Art Museum Magical Mystery Tour	382074-H	9am-3pm	Abrakadoodle	GMHS	
This writing camp will help campers keep their writing skills fresh over the summer while also publish their own books. Morning Extended Care: 7-9am, 389991-H \$45 Afternoon Extended Care: 3-6pm, 389992-H \$65					\$299/\$319
6-12 All-American Sports Camp	381401-H	9am-3pm	Sportz Campz 4 Kidz	GMHS Aux Gym	
Campers will play basketball, soccer, flag football, as well as many other sports related activities. Morning Extended Care: 7-9am, 389991-H \$45 Afternoon Extended Care: 3-6pm, 389992-H \$65					\$180/\$200

Summer Camps

Grades	Summer Fun	385001-H	9am-3pm	Recreation Dept. Staff	Cherry Hill Park	\$170/\$190
1st-6th	Playground program to include arts and crafts, sports, free play, swimming and field trips (not included).					
	Morning Extended Care: 7-9am, 389991-H \$45		Afternoon Extended Care: 3-6pm, 389992-H \$65			
6-7	Fencing Camp-NOVA Fencing	381702-H	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club	\$360/\$380
8-14	Fencing Camp-NOVA Fencing	381702-H1	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club	\$360/\$380
	Introduction to the Olympic sport of fencing through fun drills and games. No transportation/extended care.					
6-14	Rugby Sevens	380232-H	9am-12pm	Ed Bracken	GMHS Field	\$90/\$110
	Participants learn the basics of playing Rugby Sevens and be prepared to compete.					
	Morning Extended Care: 7-9am, 389991-H \$45					
7-10	Tennis I & II	381902-H	9:45am-12:15pm	First Serve Tennis	GMHS Courts	\$275/\$295
	Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys. No extended care.					
7-12	STEM Challenge+Minecraft	384037-H	9am-3pm	Play-Well TEKologies	GMHS	\$349/\$369
	Gear up for a full-day LEGO® camp packed with hands-on and minds-on STEM fun!					
	Morning Extended Care: 7-9am, 389991-H \$45		Afternoon Extended Care: 3-6pm, 389992-H \$65			
8-12	Mustang Soccer Camp	381310-H	9a-3p	Mustang Sports	GMHS Field	\$200/\$220
	This camp is presented by the George Mason High School Varsity School Soccer Coaches.					
	Morning Extended Care: 7-9am 389991-H \$45		Afternoon Extended Care: 3-6pm 389992-H \$65			
8-12	Paddle & Explore	381710-H	8:30am-4:30pm	Fish & Explore	*Offsite	\$595/\$615
	Fish and Explore transports campers to paddle along local waterways, ponds and lakes. Meet at Community Center.					
	Morning Extended Care: 7-9am, 389991-H \$45		Afternoon Extended Care: 3-6pm, 389992-H \$65			
8-12	Blast Into The Past	381801-H	9am-3pm	Recreation Dept. Staff	Cherry Hill Farm	\$300/\$320
	Campers will step back in time and experience first-hand what a young girl's life was like in 19th century Virginia.					
	Morning Extended Care: 7-9am, 389991-F \$45		Afternoon Extended Care: 3-6pm, 389992-F \$65			
						
8-15	Camp Olympia Sports Camp	383004-H	8am-5pm	Camp Olympia	*Offsite	\$485/\$505
	Campers participate in swimming, horseback lessons and team sports or individual sports. Meet at Community Center.					
	Morning Extended Care: 7-9am, 389991-H \$45		Afternoon Extended Care: 3-6pm, 389992-H \$65			
8-15	Horseback Riding Camp	383003-H	8am-5pm	Camp Olympia	*Offsite	\$580/\$600
	Campers participate in swimming, horseback lessons and team sports or individual sports. Meet at Community Center.					
	Morning Extended Care: 7-9am, 389991-H \$45		Afternoon Extended Care: 3-6pm, 389992-H \$65			
8-18	ETC's Sketch Comedy Camp	382102-H	9am-3pm	Educational Theatre Co.	MEHMS	\$295/\$315
	Campers will use improvisational skills to develop original "sketch comedy" in the tradition of "Saturday Night Live".					
	Morning Extended Care: 7-9am, 389991-H \$45		Afternoon Extended Care: 3-6pm, 389992-H \$65			
9-12	Musical Theatre Camp	380232-H	9am-3pm	Everybody Dance	Community Center	\$300/\$320
	Campers will have a theater experience, including acting, choreography, singing, and dancing.					
	Morning Extended Care: 7-9am, 389991-H \$45		Afternoon Extended Care: 3-6pm, 389992-H \$65			
9-17	Fencing with VAF	381701-H	9am-12pm	VA Academy of Fencing	Springfield, VA	\$190/\$210
	No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.					
11-17	Learn to Code - Beginners	384010-H	9am-12pm	LAD Communications	Community Center	\$279/\$299
	Learn how to start writing JavaScript and HTML code, program with Scratch. *Must bring own laptop*					
	Morning Extended Care: 7-9am, 389991-H \$45					

Summer Camps

11-17 Computer Technology	384011-H	1-4pm	LAD Communications	Community Center	\$279/\$299
Produce a Podcast, shoot and edit video, explore 3D printing & drawing and more. *Must bring own laptop*					
Afternoon Extended Care: 3-6pm, 389992-H \$65					

13-16 Teen Volunteer Camp	383207-H	9am-9pm	Recreation Staff	*Offsite	\$250/\$270
Start the new school year feeling like you did something good this summer! Meet at the Community Center.					
Morning Extended Care: 7-9am, 389991-H \$45 Afternoon Extended Care: 3-6pm, 389992-H \$65					




August 13-17, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
4-6 Act it Out!	382104-I	9am-12pm	C.A.R.E. Actor	Community Center	\$195/\$215
Explore your imagination through games, acting out storybooks, costumes, props, and art projects. No extended care.					
6-12 Cheer & Hip Hop Dance	380237-I	9am-3pm	Athletes Global	Community Center	\$225/\$245
This camp will cover fundamentals: motions, jumps, chants & cheers, bounce & rhythm, house dance and more.					
Morning Extended Care: 7-9am, 389991-I \$45 Afternoon Extended Care: 3-6pm, 389992-I \$65					
6-12 Youth Football Camp	381006-I	9am-3pm	Sportz Campz 4 Kidz	GMHS Fields	\$180/\$200
A non-contact, fundamental football camp designed to improve a child's beginning, intermediate, or advanced skill level.					
Morning Extended Care: 7-9am, 389991-I \$45 Afternoon Extended Care: 3-6pm, 389992-I \$65					



6-12 All-American Sports Camp	381401-I	9am-3pm	Sportz Campz 4 Kidz	GMHS Aux Gym	\$180/\$200
Campers will play basketball, soccer, flag football, as well as many other sports related activities.					
Morning Extended Care: 7-9am, 389991-I \$45 Afternoon Extended Care: 3-6pm, 389992-I \$65					
6-12 MiKiDo Future Champ Camp	381407-I	9am-3pm	MiKiDo	Community Center	\$295/\$315
Promotes and develops skills of fitness, teamwork, discipline, confidence, learning Martial Arts basics.					
Morning Extended Care: 7-9am, 389991-I \$45 Afternoon Extended Care: 3-6pm, 389992-I \$65					
6-11 Hover Craft- Vehicle Design	384046-I	9am-12pm	Sciensational	Community Center	\$190/\$210
Do you want to design and build things that you create- not just a model you purchase? Well this is the place for you.					
Morning Extended Care: 7-9am, 389991-I \$45					
6-11 Chemical Magic	384047-I	12:45pm-3:45pm	Sciensational	Community Center	\$190/\$210
Learn about the different types of rocks and minerals from our interesting rock and mineral collection.					
Afternoon Extended Care: 3-6pm, 389992-I \$65					
6-7 Fencing Camp-NOVA Fencing	381702-I	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club	\$360/\$380
8-14 Fencing Camp-NOVA Fencing	381702-I1	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club	\$360/\$380
Introduction to the Olympic sport of fencing through fun drills and games. No transportation/extended care.					

Summer Camps

6-13	Silver Knights Chess	382103-I	9am-3pm	Silver Knights Chess	GMHS	\$349/\$369
6-13	Silver Knights Chess	382103-I1	9am-12pm	Silver Knights Chess	GMHS	\$209/\$219
6-13	Silver Knights Chess	382103-I2	12-3pm	Silver Knights Chess	GMHS	\$209/\$219
Learn basic rules/strategy, openings, tactics, and endgames. Study, play and analyze games. Morning Extended Care: 7-9am, 389991-I \$45 Afternoon Extended Care: 3-6pm, 389992-I \$65						
  						
7-11	Baroody Dance Camp	380236-I	9am-3pm	Baroody Camps	Community Center	\$225/\$245
Full day of dance camp with movement and choreography. Morning Extended Care: 7-9am, 389991-I \$45 Afternoon Extended Care: 3-6pm, 389992-I \$65						
7-11	Innovation Lab	384021-I	9am-3pm	iSchool for the Future	Community Center	\$640/\$660
Two week camp. Explore the ups and downs of physics, technology and material sciences. Morning Extended Care: 7-9am, 389991-I \$45 Afternoon Extended Care: 3-6pm, 389992-I \$65						
8-15	Camp Olympia Sports Camp	383004-I	8am-5pm	Camp Olympia	*Offsite	\$485/\$505
Campers participate in swimming, horseback lessons and team sports or individual sports. Meet at Community Center. Morning Extended Care: 7-9am, 389991-I \$45 Afternoon Extended Care: 3-6pm, 389992-I \$65						
8-15	Horseback Riding Camp	383003-I	8am-5pm	Camp Olympia	*Offsite	\$580/\$600
Campers participate in swimming, horseback lessons and team sports or individual sports. Meet at Community Center. Morning Extended Care: 7-9am, 389991-I \$45 Afternoon Extended Care: 3-6pm, 389992-I \$65						
10-14	Tennis I & II	381903-I	9:45am-12:15pm	First Serve Tennis	GMHS Courts	\$275/\$295
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys. No extended care.						

August 20-24, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
3-4	First Kicks Soccer	381303-J	9-10am	Challenger Sports	GMHS Fields
Players are introduced to basics through fundamental activities, games and fun soccer challenges. No extended care.					\$107/\$127
4-6	Little Shots Tennis	381901-J	8:30-9:30am	First Serve Tennis	GMHS Courts
Introduces tots to tennis through fun games and activities designed to build coordination. No extended care.					\$110/\$130
4-6	Mini-Soccer	381304-J	10:15-11:45am	Challenger Sports	GMHS Fields
Players are introduced to basics through fundamental activities, games and fun soccer challenges. No extended care.					\$135/\$156
6-12	MiKiDo Future Champ Camp	381407-J	9am-3pm	MiKiDo	Community Center
Promotes and develops skills of fitness, teamwork, discipline, confidence, learning Martial Arts basics. Morning Extended Care: 7-9am, 389991-J \$45 Afternoon Extended Care: 3-6pm, 389992-J \$65					\$295/\$315
6-16	Soccer Half Day Camp	381305-J	9am-3pm	Challenger Sports	GMHS Fields
					\$183/\$203
6-16	Soccer Full Day Camp	381305-J1	9am-3pm	Challenger Sports	GMHS Fields
Learn foot skills, fakes, moves and turns, freestyle soccer, dribbling, passing and defending. Morning Extended Care: 7-9am, 389991-J \$45 Afternoon Extended Care: 3-6pm, 389992-J \$65					\$257/\$277
6-7	Fencing Camp-NOVA Fencing	381702-J	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club
					\$360/\$380
8-14	Fencing Camp-NOVA Fencing	381702-J1	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club
Introduction to the Olympic sport of fencing through fun drills and games. No transportation/extended care.					\$360/\$380

Summer Camps

7-14 Virgil Seay Sports Camp	381403-J	9am-3pm	VSSA Sports Training	Community Center	\$200/\$220
This week will focus on indoor soccer, Basketball, floor hockey, tchoukball and bowling trip. Morning Extended Care: 7-9am, 389991-J \$45 Afternoon Extended Care: 3-6pm, 389992-J \$65					



9-17 Fencing with VAF	381701-J	9-12pm	VA Academy of Fencing	Springfield, VA	\$190/\$210
No transportation. Learn the Foil, Sabre and Epee. Safety equipment rental fee of \$49 paid to VAF.					

11-17 Learn to Code - Beginners	384010-J	9am-12pm	LAD Communications	Community Center	\$279/\$299
Learn how to start writing JavaScript and HTML code, program with Scratch. *Must bring own laptop* Morning Extended Care: 7-9am, 389991-J \$45					

11-17 Computer Technology	384011-J	1-4pm	LAD Communications	Community Center	\$279/\$299
Produce a Podcast, shoot and edit video, explore 3D printing & drawing and more. *Must bring own laptop* Afternoon Extended Care: 3-6pm, 389992-J \$65					

7-10 Tennis I & II	381902-J	9:45am-12:15pm	First Serve Tennis	GMHS Courts	\$275/\$295
Learn and practice fundamental strokes with emphasis on forehands, backhands and volleys. No extended care.					

7-11 Pack Your Manners	382026-J	10am-12pm	Manners Talk	Cherry Hill Farm	\$250/\$270
Manners and social skills, games and engaging role-playing sessions all in a fun-filled environment! No extended care.					

10-16 Inner Quest	383101-J	8am-4pm	Inner Quest	*Offsite	\$520/\$540
Explore take an adventure, solve a quest in just the beginning of this adventure camp. Morning Extended Care: 7-9am, 389991-J \$45 Afternoon Extended Care: 3-6pm, 389992-J \$65					

11-15 Teen Excursion Camp	383201-J	8am-5pm	Recreation Dept. Staff	*Offsite	\$390/\$410
Campers will travel to a different exciting destinations each day. Return times may vary. Meet at Community Center. Morning Extended Care: 7-9am, 389991-J \$45 Afternoon Extended Care: 3-6pm, 389992-J \$65					

August 27-31, 2018

Ages	Description	Activity #	Hours	Instructor	Location/Fee
8-11 Field Trip Frenzy	383205-K	8am-4pm	Recreation Dept. Staff	*Offsite	\$350/\$370
Field trips will include outdoor adventures, swimming, entertainment and more. Meet at Community Center. *No Extended Care this week					
8-12 Blast Into The Past	381801-K	9am-3pm	Recreation Dept. Staff	Cherry Hill Farm	\$300/\$320
Campers will step back in time and experience first-hand what a young girl's life was like in 19th century Virginia. *No Extended Care this week					
6-7 Fencing Camp-NOVA Fencing	381702-K	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club	\$360/\$380
8-14 Fencing Camp-NOVA Fencing	381702-K1	8:30am-5pm	NOVA Fencing Club	NOVA Fencing Club	\$360/\$380
Introduction to the Olympic sport of fencing through fun drills and games. No transportation/extended care.					
11-15 Teen Excursion Camp	383201-K	8am-5pm	Recreation Dept. Staff	*Offsite	\$390/\$410
Campers will travel to a different exciting destinations each day. Return times may vary. Meet at Community Center. *No Extended Care this week					

For a full description of camps, please visit
www.FallsChurchVA.gov/Camps

Summer Camps

Things to know about enrolling your child in our summer camps:

- Registration opened in February. Only programs that still have space are listed in this section.
- Each child will need to bring a lunch with a drink daily. There is no refrigeration.
- Campers will need to wear comfortable shoes as well as clothes that can get dirty.
- Some camps are held outside for extended periods of time. Please have children wear and bring sunblock.
- If your child has a disability or requires special attention for any reason, advance notice is appreciated so that we may properly prepare.
- If your child needs to take medication, there is additional paperwork. Forms are available by emailing **recreation@fallschurchva.gov**. Please reference the camp your child is in.
- The fee for extended care is \$45 for the mornings and \$55 for the afternoons and is charged weekly. If your child is attending afternoon extended care, please pack an additional snack and drink.
- Paperwork for all camps will be distributed via email in early June.

Join Our Team

Falls Church Recreation & Parks is still hiring for Teen Excursion Leaders, Water Safety Instructors, Playground Counselors, and Extended Care Staff. For qualifications and requirements, visit **www.FallsChurchVA.gov/Jobs**

To Apply:

Send a completed City application or resume with a copy of your driving record obtained from the Department of Motor Vehicles, First Aid and CPR certifications to City of Falls Church, Human Resources Division, 300 Park Avenue, Falls Church, VA 22046. You can also email this information to hr@fallschurchva.gov.

Reasonable Accommodation:

During the selection process, applicants with disabilities may request reasonable accommodation with the mutual agreement of the hiring authority and the Human Resources Division. Requests for reasonable accommodation should be directed to the Human Resources Division.



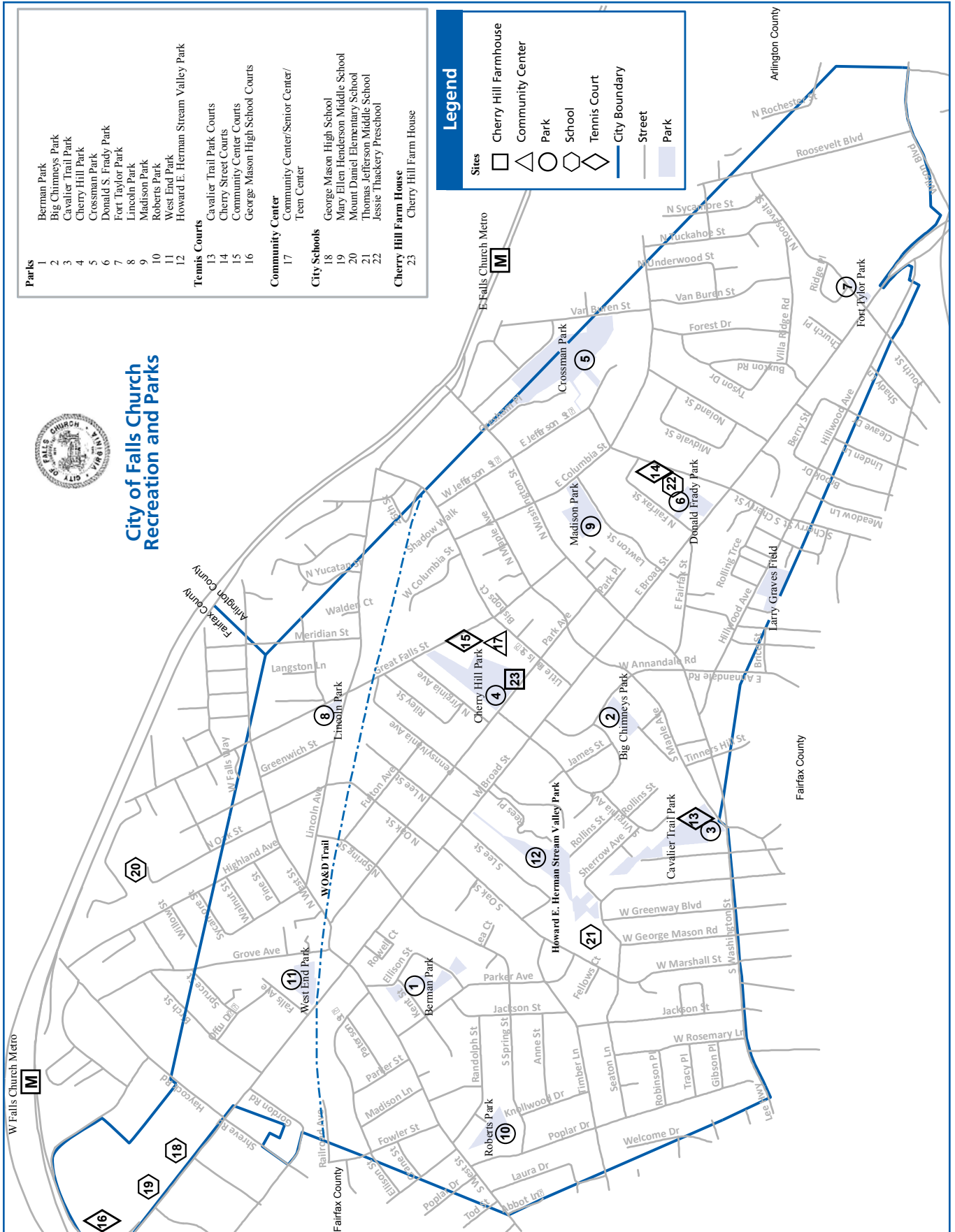


City of Falls Church Recreation and Parks

- | | | | | |
|--|------------------------------------|---|-------------------------|---------------------------|
| Parks | 1 Berman Park | 13 Cavalier Trail Park Courts | Community Center | 23 Cherry Hill Farm House |
| 2 Big Chimneys Park | 14 Cherry Street Courts | 17 Community Center/Senior Center/
Teen Center | | |
| 3 Cavalier Trail Park | 15 Community Center Courts | | | |
| 4 Cherry Hill Park | 16 George Mason High School Courts | | | |
| 5 Crossman Park | | | | |
| 6 Donald S. Frady Park | | | | |
| 7 Fort Taylor Park | | | | |
| 8 Lincoln Park | | | | |
| 9 Madison Park | | | | |
| 10 Roberts Park | | | | |
| 11 West End Park | | | | |
| 12 Howard E. Herman Stream Valley Park | | | | |
| Tennis Courts | | | | |
| 13 Cavalier Trail Park Courts | | | | |
| 14 Cherry Street Courts | | | | |
| 15 Community Center Courts | | | | |
| 16 George Mason High School Courts | | | | |
| City Schools | | | | |
| 18 George Mason High School | | | | |
| 19 Mary Ellen Henderson Middle School | | | | |
| 20 Mount Daniel Elementary School | | | | |
| 21 Thomas Jefferson Middle School | | | | |
| 22 Jessie Thackeray Preschool | | | | |
| Cherry Hill Farm House | | | | |
| 23 Cherry Hill Farm House | | | | |

Legend

- | | |
|--------------------|-------------------------|
| Sites | □ Cherry Hill Farmhouse |
| △ Community Center | |
| ○ Park | |
| ◇ School | |
| ◇ Tennis Court | |
| — City Boundary | |
| — Street | |
| ■ Park | |



General Information

MISSION STATEMENT

The mission of the Falls Church Recreation and Parks Department is to provide a year-round program of recreation and leisure-time activities for all groups and interest levels. The Department is dedicated to enhancing the quality of life and fostering a sense of community by providing superior recreational, educational and cultural services and through the effective maintenance and protection of the City's natural resources.



Open Gym Pricing

Register at the front desk before entering the gym

City Residents:	Free
Non-City Residents 5 and under:	Free
Non-City Residents 6-18 or 65+:	Free
Non-City Residents 19-64:	\$3

Hotline: 703-248-5077

Call the hotline above for the current schedule or visit

www.FallsChurchVA.gov/OpenGym.

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

George Mason High School

7124 Leesburg Pike

Mary Ellen Henderson

7130 Leesburg Pike

Registration Dates

Residents: May 1

Non-Residents: May 8

Brochure Availability

The brochure is available on-line at www.fallschurchva.gov/recreation. If you are a non-resident and prefer a mailed copy, please call **703-248-5027** or email recreation@fallschurchva.gov.

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Cindy Mester, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call **703-248-5027**, (TTY 711).

Photographic Release:

By participating in programs and using our facilities, you are granting the City of Falls Church and the Parks and Recreation Department permission to use photographic images of you and/or your minors for marketing purposes.

Class & Athletic Program Refund Policy

For refunds submitted...

Ten or more days before
the activity start date 80% Refund/ 90% Credit

Five to nine calendar days before
the activity start date 90% Credit only

Less than five calendar days before
the activity start date No Refund/ No Credit

Programs cancelled by the Department... 100% Refund/ Credit

Camp Refund Policy

For refunds submitted...

More than fourteen days before
the camp start date 80% Refund/ 90% Credit

Less than fourteen calendar days before
the camp start date No Refund/ No Credit

Camps cancelled by the Department..... 100% Refund/ Credit

Some camps have different refund policies which are listed in the camp description. Special refund requests will be considered for medical reasons submitted with a doctor's note or relocation of at least 25 miles from the City of Falls Church. To request a credit or refund a "Request for Refund/Household Credit" form must be completed and submitted. All requests are handled using the guidelines listed above.

Inclement Weather Policy

Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5077.**

Holidays: Classes will not be held on City-observed legal holidays unless otherwise noted. Hobby Class Holiday Schedule: No classes held May 28, July 4. No classes held August 25-September 3.

How to Register



On-line: Go to www.fallschurchva.gov/register. Full payment is required at the time of registration. Registration begins at 8am on the first day of registration.



Walk-in: 223 Little Falls St. There are no registration forms to complete. Registration begins at 8am on the first day of registration.



Mail-in: Mail-in registrations are processed at the end of the business day. Complete the registration form below, include payment, and mail to **Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046**



Phone-in: Phone in registration begins 10am on May 7 and May 14. To register, call **703 248-5027** and have your credit card ready.

Registration Starts

Falls Church City Residents:

Monday, May 7, 2018

Non-City Residents:

Monday, May 14, 2018

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call **703 248-5027** for more information.

Registration Form



For More Information: Call 703 248-5027; Fax 703 536-8150

Mail to Falls Church Recreation and Parks Department, 223 Little Falls St. Falls Church, VA 22046
Make checks payable to City of Falls Church. Only one family per form. Photocopies are accepted.
Payment must accompany registration. Late registrations are accepted if an opening is available.

Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Evening Phone Number: () _____ Day Phone Number: () _____

Cell Phone Number: () _____ Email: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Total					

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____

Date: _____

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Credit Card Information:

circle one:



Card Number: _____

Exp Date: _____

CVC: _____



223 Little Falls St.
Falls Church, VA 22046

PRESORTED
STANDARD MAIL
US POSTAGE
PAID
MERRIFIELD, VA
PERMIT NO. 7034

Grant Applications for Arts, Culture, Theater, and History Programs Funds Provided by City of Falls Church

The City of Falls Church welcomes applications for eligible non-profit organizations that support the arts, culture, theater, and history based within the City of Falls Church. Application accepted between May 1 and June 30, 2018 and funds must be utilized before May 15, 2019.

Applications may be submitted for project grants or operations support grants. Applicants may request up to \$5,000 in project grants and up to \$15,000 in operations grants. The application and details on eligibility can be found at

www.fallschurchva.gov/Grants starting April 1.



Recreation & Parks Department 2018 Registration Dates to Remember

Summer Camp Registration

February 1 City Residents; February 8 Non-city

Summer Class Registration Open

May 7 City Residents; May 14 Non-city

Fall Class Registration

August 13 City Residents; August 20 Non-city

Fall Youth Flag Football Registration

Early Bird: June 4-July 2; Regular: July 3-August 5

Fall Youth Soccer Registration

Early Bird: July 9-22; Regular: July 23-August 5

Winter Youth Basketball Registration

Early Bird: Oct 1-14; Regular: Oct 15-28

